



Solutions for living a healthy life

Corporate Wellness



Develop a winning team by improving the physical and mental health & well-being of your employees

**Stress Management | Nutrition | Fitness |
Weight Management | Smoking Cessation |
Mindfulness | Well-being Days | On-site Massage**

Contents

Welcome to Good Health IQ	1
The problem with work-related stress	2
How can a corporate wellness programme help your business?	3
What ROI could you expect?	4
Ways in which we can help you	5
What might a corporate wellness programme look like?	6 - 8
Costs	9
Get in touch	10

Welcome to Good Health IQ

Hello and welcome, I am Linda Orrett, Corporate Wellness Coach and founder of Good Health IQ. I founded the company with the aim of helping businesses, just like yours, overcome problems with staff retention and absenteeism; issues that affect productivity & cost your business money.



I have worked in the field of health and wellbeing for 20 years. I am a qualified corporate wellness coach, hypnotherapist, mindfulness/ stress management therapist. and naturopath.

Over the years I have worked with private clients / groups, businesses and charities plus a large NHS Foundation Trust.

I have a great team, a terrific service and a big vision to help businesses easily and effectively implement a range of corporate wellness initiatives aimed at tackling the physical, mental health & stress-related problems faced by today's workforce.

The problem with work-related stress

Work can be demanding, with staff facing many challenges that can be detrimental to their physical and mental health & well-being.

Whether work is causing the health issue or aggravating it, employers have a moral and legal responsibility to help their employees.

In 2019/2020 it was reported that **17.8 million** working days were lost due to work-related stress, depression or anxiety in the UK.



How can a corporate wellness programme help your business?

Corporate wellness involves the combined efforts of employers and employees, to improve the mental and physical health and well-being of people at work.

The workplace offers several advantages in that a substantial number of the working population can be reached and multiple levels of influence on behaviour can be targeted.

On average UK workers spend 1/3 of their adult life at work therefore the work place is an ideal place to take measures to help employees improve their health.

Strong evidence in recent years has shown that implementing a well-managed corporate wellness programme can help both the organisation and employees in the following ways:

To the organisation

- Improved staff morale
- Reduced staff turnover
- Increased productivity
- A positive & caring image
- Cost savings

To the employee

- Improved health and sense of well-being
- Enhanced self esteem
- Reduced stress
- Increased job satisfaction

What ROI could you expect?

Recent evidence supports the idea that wellness programmes have a positive impact on intermediate and bottom-line benefits.

Most of the financial benefits take the form of cost savings rather than increased income or revenue flows.

The magnitude of the benefits can vary significantly. This will depend not only on what type of organisation and programme is involved, but also on the way in which the programme is planned and executed.

Wellness programmes have been shown to lead to a return of between £2 and £34 for every £1 spent.

A manufacturer with 20,000 employees made cost savings of £11m over 3 years.

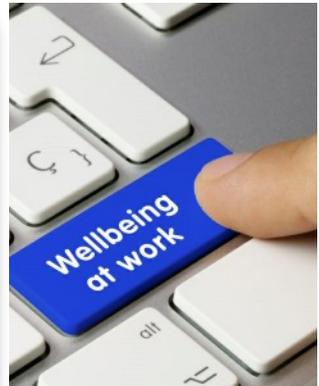
British Gas found that for every £1 they invested they saw a return of £31.

Johnson & Johnson in the US ran a wellness programme for a decade and saved £250 million

Ways in which we can help you

We can create and project manage a programme of events proven to improve mental and physical health & wellbeing in the workplace.

- Work with management & focus groups to develop & implement a scheme that employees want.
- Generate a GAP analysis to identify where you are now & where you want to get to.
- Develop a “big picture plan” for the next 3 – 5 years.
- Train “Wellness Champions” to keep staff motivated.
- Provide all of the educational information, therapists & fitness experts required.
- Constantly review and alter the service to make sure it is working in the most effective way.
- Provide meaningful management reports to show the effectiveness of the programme.



Whether it is simply one event you want for your business or a full corporate wellness programme we can help you.

What might a corporate wellness programme look like?

Corporate wellness programmes can include many different elements designed to help employees improve their mental & physical health and well-being. Businesses can choose to focus on the issues that are most relevant to them and their employees.

Physical Well-being

Educate, support and provide a programme of events designed to help employees improve their physical health.

Educate employees on the importance of looking after their physical health.

Deliver weight management sessions to help employees maintain a healthy weight.

Deliver healthy nutrition workshops.

Provide onsite massage / reflexology / physiotherapy.

Introduce physical activities into the workplace e.g. yoga, pilates, HIIT.

Deliver smoking cessation sessions for those smokers who want to stop.

What might a corporate wellness programme look like?

Mental & Emotional Well-being

Educate, support and provide a programme of events designed to help employees manage stress & anxiety and improve their mental & emotional health & well-being.

We all know the importance of looking after our physical health but looking after our mental and emotional health & well-being is just as important, if not more so.

Educate employees on the importance of looking after their emotional & mental health.

Deliver ½ day / full day / 6 week programme on managing anxiety & stress.

Deliver an 8 week mindfulness programme.

Create a relaxation space for employees to get away from their desk & relax.

Provide regular weekly relaxation sessions e.g. group relaxation,

Deliver other educational events e.g. building resilience, how to get a good night's sleep, be happy now.

What might a corporate wellness programme look like?

Health and Well-being Days

These can be a great way to share information, generate interest in the idea of health & well-being at work and give your employees some space for activities to boost their sense of well-being.

We can take all of the effort out of organising a day that will capture your employees attention, provide them with some great take-away ideas and leave them feeling energised and refreshed.



Train Fitness Champions

Having “fitness champions” onsite to keep employees engaged & motivated is key to the success of any corporate wellness scheme.

We can train designated team members and provide them with everything they need to make your corporate wellness programme a great success!



Costs

Event type	Time	Cost
Initial meeting		Free
Well-being strategy consultation	½ day	From £225
	Full day	From £400
Educational talks/workshop	1 hour	From £75
	½ day	From £225
	Full day	From £400
Yoga/pilates/HIIT class/relaxation sessions	60 mins	From £75
Massage/Reflexology	Per hour	From £35
8 week mindfulness programme (upto 20 attendees)		From £1000
6 week stress/anxiety management programme		From £750

Most sessions can be delivered virtually as well as face-to-face.



Get in touch

We are looking forward to helping you get your corporate wellness programme up and running!

Arrange your FREE no-obligation chat today.

Telephone:

07882 777370

0161 445 8575

E: info@goodhealthiq.com

W: www.goodhealthiq.com



Previous business collaborations

Oliver James Associates

Matalan

Bowel Cancer UK

Eversheds Sutherland

Pagoda

One Stream Software

Macmillan Cancer Support

Macclesfield Cancer Care

A large NW cancer care NHS Trust

Social Circle