

A hand is shown reaching out from the right side of the frame towards the center. The background is a soft-focus bokeh of light-colored circles, likely sunlight filtering through trees. A large, thin white 'X' is superimposed over the hand and the text. The word 'Corporate' is written in a white, sans-serif font to the left of the hand.

Corporate

wellness

well

Problems

The world is changing at an extreme pace. This brings with it much excitement, opportunity and progress. But it comes at a very high cost.

Stress is one of the biggest causes of absenteeism in the workplace and presenteeism is one of the biggest drains on the UK working economy.

But the impact of stress on businesses goes further still: attacking the very heart of a business' culture by lowering morale, creating lack of trust, initiating conflict and litigation.

And stress is only one macro-trend that we're seeing in the workplace of today. Divisions between genders, generations and because of technology are also at play. Not forgetting Brexit, the rise of nationalism and wider political tension.





Solution

A robust corporate wellness model can help.

Together with the fact that 80% of employees agree a company's wellness offering will be crucial in recruiting and retaining them within the next 10 years.

*CoreNet's 2014 survey 'Sustaining talent through wellbeing in the Workplace'

Approach

Advice

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consultation with the organisation and an audit around its existing wellness model, challenges and successes

Application

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recommending a corporate wellness model that is fit-for-purpose and, if desired, implementing it

Appraisal

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measuring the new model and tightening where necessary

Benefits

We will look to deliver return-on-investment by creating more competitive advantage, enhanced retention, increased moral, improved productivity, lowered absenteeism and a reduction in conflict and litigation.





#getwellsoon

Louise is co-founder and MD of Well

She is a strategic marketer and entrepreneur with 20 years' experience in the corporate sector. Louise has worked for premium firms in top tier banking, Big 4 and Magic Circle Law (Goldman Sachs, EY and Freshfields).

She's designed best practice tools for world-leading corporates that have been adopted globally, and written comprehensive business plans that have secured significant funds for her own start-ups.

As Louise has largely operated as an interim manager, she's been exposed to more corporate wellness models than most.

One of the reasons Louise decided to set up as an independent consultant was to have more time to explore her wellness passion. Which for her is about dance, modelling, fitness, nutrition and the strive for mindfulness.

Louise has very strong connections in the wellness space and is continually adding to this network – across 10 wellness verticals.

At the age of 42, Louise is an official Top Model 2019 winner – which she attributes to wellness.

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