

HOW CAN I IMPROVE THE ENERGY & PERFORMANCE OF MY STAFF? WORK-LIFE BALANCE & ENERGY WORKSHOP



Research shows that the best companies to work for outperform the competition because they understand the clear link between healthy energised staff and the bottom line. In the current economic climate, getting the most out of your people is more important than ever.

Increasingly companies find their employees are working longer and more intense hours, this eventually becomes unsustainable and leads to poor performance, and an increase in staff absence & turnover.

As the UK's leading experts in employee wellbeing, we have seen our approach to work-life balance & energy help improve the health, energy & performance of thousands of staff.

We run engaging work-life balance & energy workshops with companies across the UK. Our simple, practical program provokes immediate action.

Call today to speak to one of our employee wellbeing consultants on 0870 1677 771

In the work-life balance & energy workshop we cover

- Why work-life balance is important
- A review of your life's priorities & current work-life balance
- Working smarter to improve your energy & effectiveness
- How to switch off from work to improve work-life balance
- 10 daily habits to increase your energy in all areas of life
- Setting actions to improve your work-life balance & energy

Benefits to your business

- Improve staff health, energy & performance
- Increase staff engagement
- Attract & retain the best people
- Reduce staff absence & related costs
- Reduce reactive health costs such as EAP's & PMI

Cost per workshop

£360 - 1 hour £460 - 1½ hour

Note: travel & time costs will apply for workshops outside of Greater London

Our clients include



TESTIMONIALS FROM HAPPY, ENERGISED CLIENTS

We're only as good as our clients say we are. Here is a selection of just some of our client testimonials

Profero (Sunday Times top 100 best company)



I have been extremely impressed with the quality of service and advice provided by energiseYou. The company consistently provides forward-thinking wellbeing solutions, which work very well for our agency.

Think Money group (Sunday Times top 100 best company)



Our employee feedback from the energiseYou wellbeing workshops has been excellent. The coaching format to the wellbeing workshops has really helped our employees to make simple changes to improve their health & energy. I thoroughly recommend the energiseYou wellbeing workshops to any business wanting to improve employee health & wellbeing.

BNP Paribas - Compensation and benefits team



The energiseYou workshops have been great at helping our employees to improve their energy & performance at work. We believe that when our employees are healthy, they have greater resilience to those inevitable stressful situations. The feedback from employees attending the workshops is excellent.

Instant Offices - HR Director (Sunday Times top 100 best company)



We use energiseYou for team massages and the brilliant nutrition workshop run by Oliver Gray. Both have a terrific effect on our staff, with the nutrition workshop giving all of us tools to improve our diets and get more energy all day. We're already seeing the benefits!

energiseYou employee wellbeing services include:

energiseYou health, energy & performance workshops

- How to get super high-energy workshop
- Nutrition for high-energy workshop
- Sleep & energy workshop
- Exercise & energy workshop
- Mind management & energy workshop
- Meditation & energy workshop
- Health, energy & resilience workshop
- Work-life balance & energy workshop
- energiseYou bespoke wellbeing workshops

energiseYou employee wellbeing support

- Health & wellbeing experts support via email
- Monthly health & wellbeing email

energiseYou health, energy & performance @ computers

- Workstation & posture assessments
- Energising neck, back & shoulder massage

energiseYou health & energy events

- Energising neck, back & shoulder massage
- Nutrition for high energy zone
- Sleep & energy zone
- Exercise & energy zone
- Mind management & energy zone
- Meditation & relaxation zone
- Well-man & well-woman cancer prevention zone
- Giving up smoking zone
- Energising office yoga
- Posture & back care zone

energiseYou wellbeing consulting

- Nutrition catering consulting
- Health & safety consulting