



Putting People First

Workplace Wellbeing Strategies to Thrive in Work & Life

Our Approach

At **The Wellbeing Advantage**, we believe that thriving individuals create thriving organisations.

Founded by **Janine van Someren** a transformational coach with a PhD in life story research and a Masters in Applied Human Science. The Wellbeing Advantage combines a passion for wellbeing with high-performance insights to promote sustained change through positive psychology and behavioral change strategies

With our team of consultants, we deliver wellbeing strategies, immersive talks and programmes tailored to your organisational needs.

Hear from one of our clients:

"The lessons I've learned and the positive habits I have developed I think will be with me for a long time." - Sarah Mayes, Unilever Global R&D

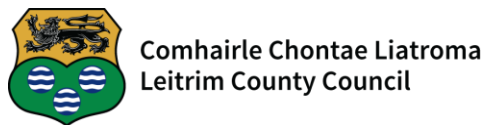


High-Performance Insights for Your Organisation:

- **Enhanced Employee Wellbeing:** improve the overall health and happiness of employees, which leads to increased productivity and reduced absenteeism.
- **Tailored Solutions:** customised to address the specific challenges and goals of each organisation, ensures your content is relevant and impactful.
- **Sustainable Results:** strategies taught in the workshops are designed for long-term success, promoting sustained health and wellbeing for employees.
- **Expert Facilitation:** Engaging facilitation ensures participants are enjoying the process, making the workshops a valuable investment for any company



Hear From Our Clients



Sessions have a really positive energy, instigating conversations on the topic & forming connections across the team that will hopefully create a foundation & momentum for positive change.

Sarah Mayes, Unilever Global R&D

Janine was tremendously insightful, bringing an empirical approach to her guidance and advice. The group felt highly energised and motivated afterwards. Her innate positivity and sense of joy shone out and left the group feeling so much better about themselves.

John McGee Head of Enterprise at Mayo Local Enterprise Office

I found the programme really useful - from the practicalities on nutrition, sleep, and exercise, to the opportunity to stand back and evaluate where I am at - it was such a gift.

David, Senior Leader, Stryker Corporation



Our Scope of Work

We will assist your organisation with every aspect, from developing your wellbeing strategy to delivering workshops for your teams.

All our services are customised to align with your cultural values and organisational goals.



1. Develop Wellbeing Strategy



2. Wellbeing Leadership Training



3. Executive Wellbeing Coaching



4. Employee Wellbeing Programmes





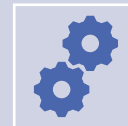
1. Develop Wellbeing Strategy

Designed for professionals who want to lead wellbeing improvements in their organisation, to create a positive and supportive environment that fosters employee satisfaction and organisational prosperity.



Step 1: Understanding Current Needs

Understanding dimensions of wellbeing and identifying wellbeing needs & trends



Step 2: Developing a Wellbeing Strategy

Review potential initiatives in line with organisation objectives and business goals.



Step 3: Building a Supportive Culture

Highlight the role of leadership in fostering culture of wellbeing and enhance engagement





2. Wellbeing Leadership Training

This leadership training is designed to equip managers with the skills to effectively support and lead their teams, thereby contributing to the overall success and growth of the organisation.

Key outcomes include:



Enhanced leadership skills: Includes coaching skills in communication and decision-making

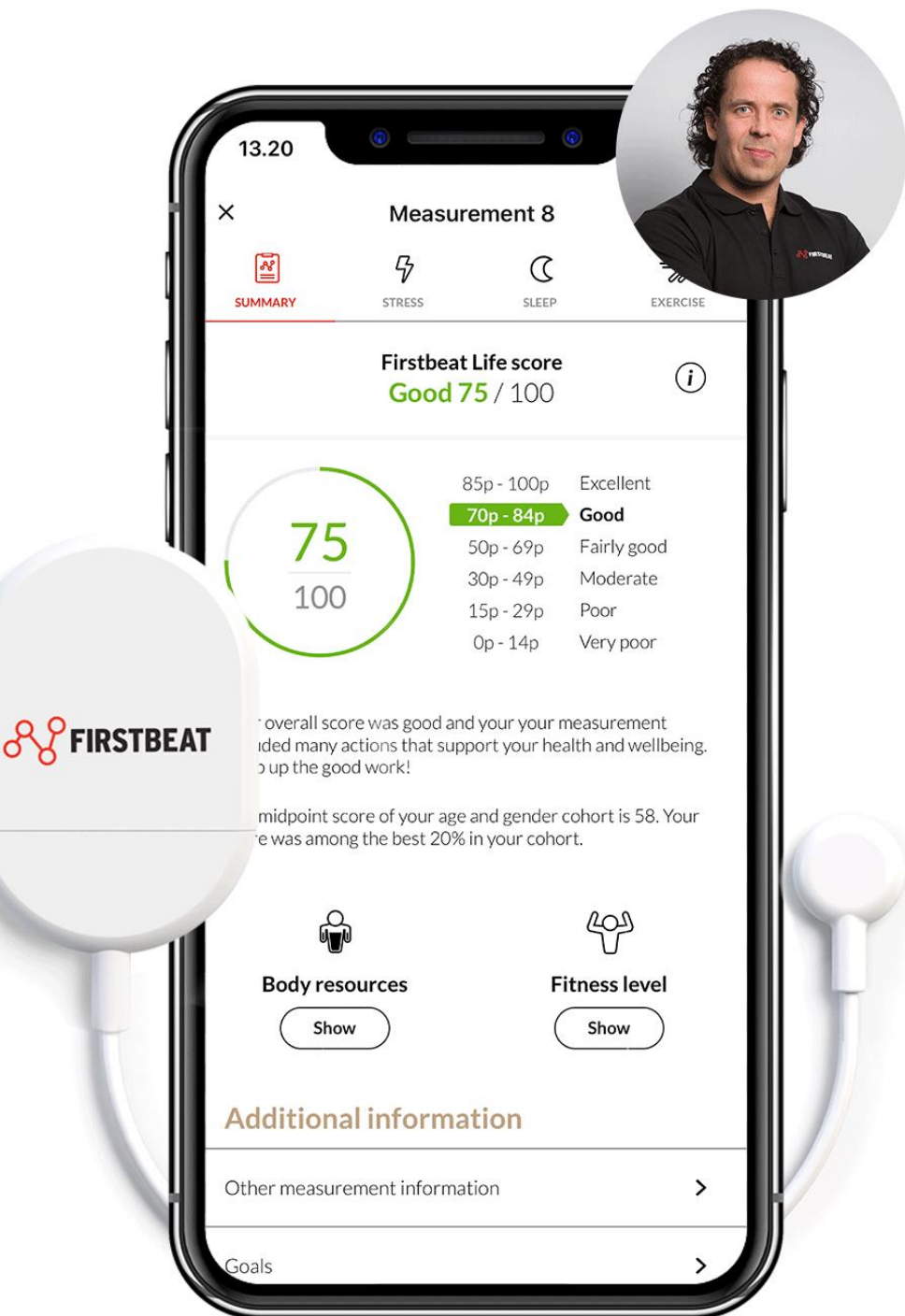


Improved Team Performance: Support & motivate teams for a more cohesive workplace



Increased Adaptability: Equipping managers to navigate change and develop resilience





3. Executive Wellbeing Coaching

Our *Energising Leaders* Programme combines individualised wellbeing coaching with professional grade stress and recovery monitoring tool for health and wellness.

With Firstbeat Life data we can strategically support employee health risk management and target workplace health promotion.



Step 1: High Performance Team Briefing

Executive wellbeing & lifestyle profiler for analysis of wellbeing opportunities & needs.



Step 2: Executive Wellbeing Coaching

Energy, stress & recovery analysis using Firstbeat wearable tech



Step 3: Enhanced Wellbeing Strategy

Firstbeat Life group Identification of key growth areas & potential wellbeing risks

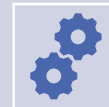


4. Employee Wellbeing Programmes

Our *Thriving Together* workshops bring evidence-based strategies and positive psychology to create sustainable high-performance behaviours (online course or workshops). Sample topics include:



1. What It Takes To Be Your Best: Maintaining Wellbeing in the High-Performance Workplace



2. Sustain Energy and Capacity for High-Performance Work



3. Bust Stress and Reframe Your Mindset to Thrive at Work



4. Decoding The Science of Balance: Evidence Based Techniques to Sustain Work Life Fit



Get in Touch

Contact: Janine van Someren PhD
info@thewellbeingadvantage.com
[Web: The Wellbeing Advantage](#)

