

The Wellbeing Advantage

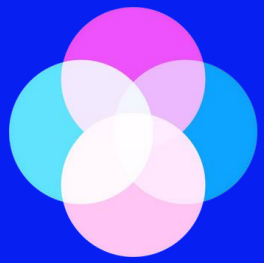
Services Guide 2023

Science Based Wellbeing Solutions to
Thrive in Work & Life





The Wellbeing Advantage



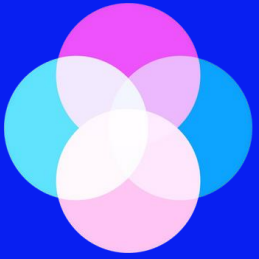
Physical, mental and emotional wellbeing underpins your ability to be your best in work and life.

The Wellbeing Advantage combines high performance expertise, wellbeing coaching and data-driven insights to inspire positive lifestyle changes.

You will discover what's right for you as we connect the dots between your work and your lifestyle to build sustainable wellbeing strategies for a healthier, happier future.



Wellbeing for the High Performing Workplace

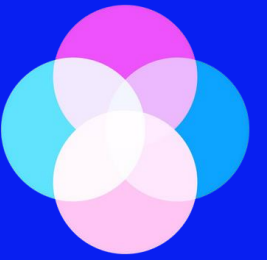


Our wellbeing strategies create positive wellbeing habits and high-performance behaviours through:

- A greater understanding of what positively & negatively affects your energy & resilience
- A 'safe space' to focus on what matters most to you through transformational coaching
- Actionable insight & behaviour change strategies for sustainable improvements in your wellbeing



Wellbeing Outcomes:



Sleep Better

- Understand the factors that affect your sleep and learn how to enhance its restorative effect.
- Arrive to work energised and focused

Manage Stress

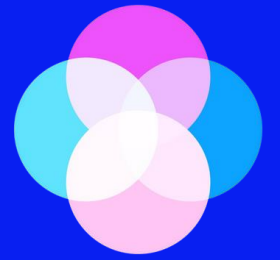
- Identify what causes you stress and see if you have enough moments of recovery
- Understand the effect of your daily lifestyle choices on your resilience

Exercise Right

- Discover if you get enough physical activity
- Learn to exercise according to your fitness level



Performance Outcomes:



Better quality sleep means:

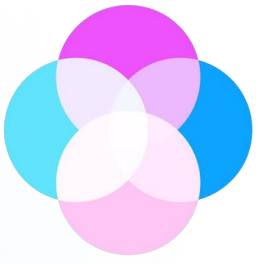
- Enhanced learning, memory, and retention
- More relaxed, creative and less anxious

Less stress leads to:

- Improved health and job satisfaction,
- Increased productivity and engagement

Overall healthier lifestyle:

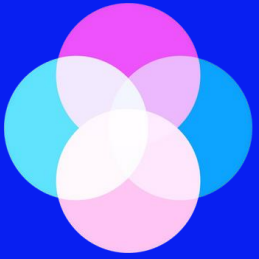
- Feel more productive and engaged
- Increased attention, energy, and resilience
- Perform better at work



Energising You Programme



Energising You Programme

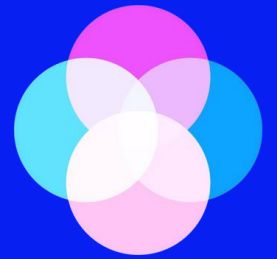


Energising You gives you access to the most advanced technology for monitoring your stress, rest, physical activity and recovery via Firstbeat Life. You will have access to your real time data via the Firstbeat App subscription, showing you exactly how your body is responding to your lifestyle choices.

Your knowledge and accountability will be further optimised with one-to-one wellbeing coaching. Here we will highlight key areas for growth and achieve sustainable change using evidence backed behavioural change strategies and positive psychology techniques.



Energising You: Programme Outline



Step 1: Introduction & Orientation

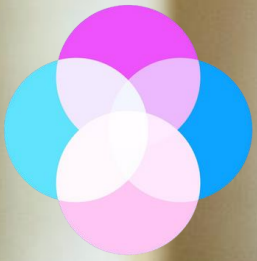
Consultation with executive wellbeing coach
Identification of individual challenges & goals
Programme overview & tailored objectives

Step 2: Wellbeing Profiler

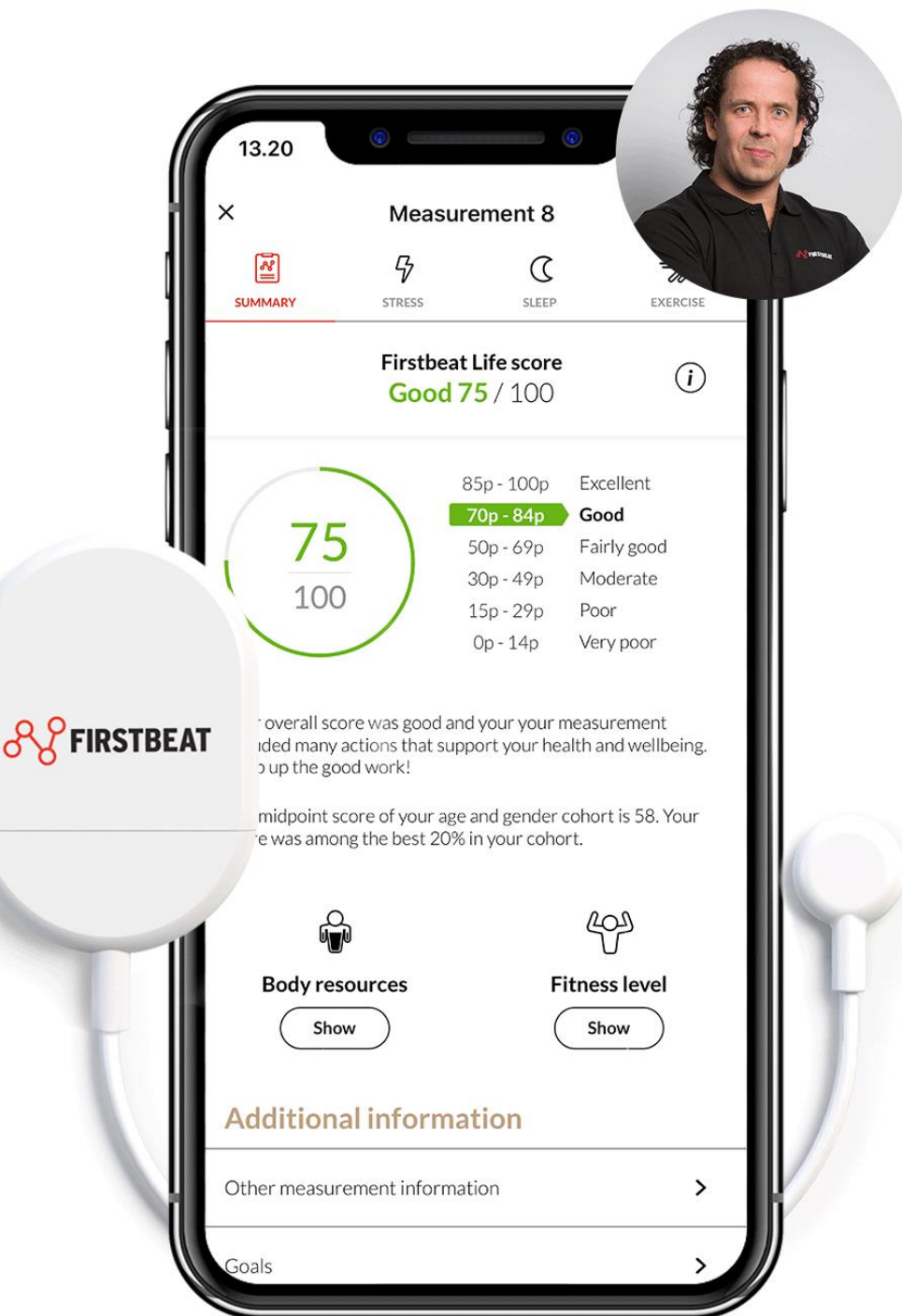
Engage Firstbeat Lifestyle Assessment
Online self-evaluation wellbeing & lifestyle profiler
Expert analysis of individual opportunities & needs

Step 3: Individual Coaching

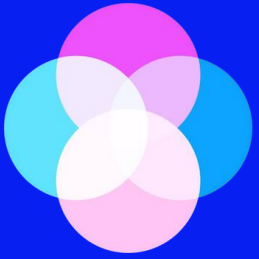
Personalised wellbeing coaching sessions (online)
Energy, stress & recovery analysis using Firstbeat wearable tech
Personalised wellbeing toolkit and action plan



**Energising Leaders
Programme**



Energising Leaders Programme



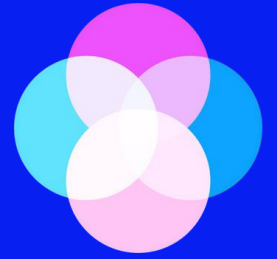
Energising Leaders combines individualised wellbeing coaching with professional grade stress and recovery monitoring tool for health and wellness.

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

Using unique, heart rate-based analytics we reveal a personalised story of employee energy resources while allowing company-level anonymized reporting to manage wellbeing trends and risks.



Energising Leaders Programme Outline



Step 1: High Performance Team Briefing

Programme overview & tailored objectives

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

Engage Firstbeat Lifestyle Assessment & App subscription

Step 2: Executive Wellbeing Coaching

Executive wellbeing coaching sessions (online)

Energy, stress & recovery analysis using Firstbeat wearable tech

Leadership team workshop: key takeaways and strategic plan

Step 3: Enhanced Wellbeing Strategy

Strategic wellbeing review based on:

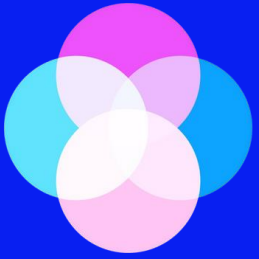
- Firstbeat Life group reporting of key growth areas & identification of potential wellbeing risks
- Delivery Team insights
- Strategic programme analysis



Energising Teams Programme



Energising Teams Programme



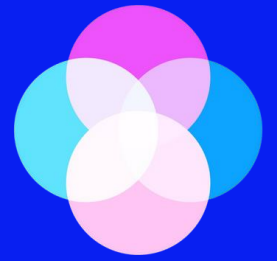
Gain the clarity to make sure your wellbeing strategy is on the right path and see how you compare to other companies.

Energising Teams includes a detailed reporting platform that allows you to easily promote company-wide health and wellbeing, identify potential risks, and achieve a happier and more resilient workforce.

Equipped with a company level understanding of your employee's wellbeing you can identify long-term wellbeing trends, monitor trends and plan ahead with confidence.



Energising Teams Programme Outline



Step 1: High Performance Team Briefing

Programme overview & tailored objectives

Engage Firstbeat Lifestyle Assessment & App subscription

Expert analysis of wellbeing opportunities & needs

Step 2: Executive Wellbeing Workshops

High-Performance Workshops based on emerging themes

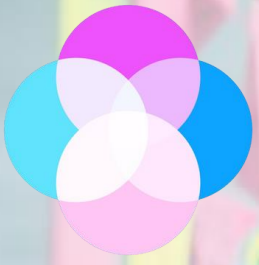
Energy, stress & recovery review based on Firstbeat technology

Tailored toolkits and action plans for personal wellbeing goals

Step 3: Enhanced Wellbeing Strategy

Strategic wellbeing review based on:

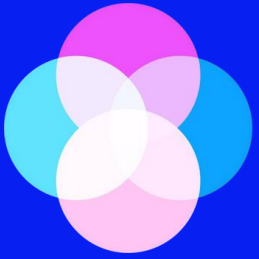
- Identification of pain points for key wellbeing parameters.
- Company level understanding of stress and recovery balance, sleep, physical activity, and perceived wellbeing.



**Wellbeing Talks
for the
High Performance
Workplace**



Wellbeing Talks for the High Performance Workplace

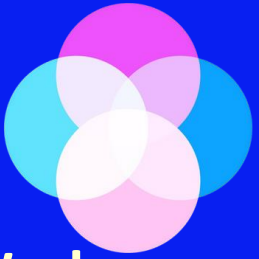


This workshop series will empower participants to reflect upon their personal wellbeing and performance; enable them to build capacity through energy and resilience; and maximise their personal effectiveness and impact.

Workshops bring evidence-based strategies and positive psychology to create wellbeing and high-performance behaviours. Participants will have the opportunity to evaluate their own realities and plan for action, both during and between workshops.

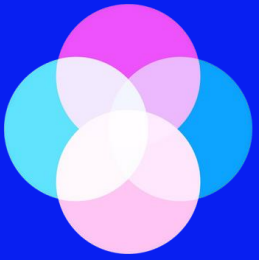


Your Wellbeing Talks:



- 1. Optimise Energy for High-Performance Work**
Evaluate personal wellbeing and develop strategies to enhance mental energy and performance.
- 2. Sustain High Performance with Rest & Recovery**
Assess your recovery strategies including non-sleep deep rest techniques for enhanced resilience.
- 3. Busting Stress with Positive Psychology**
Gain positive perspective and manage stress with specific psychological approaches to thrive
- 4. Strategies from Positive Psychology to Optimise Performance**
Create positive momentum and achieve your goals with positive psychology

What Our Clients Say:



““The lifestyle assessment was a real eye opener,
I couldn't recommend it highly enough.

“I found the programme really useful, the opportunity to stand back and evaluate where I am at -
it was such a gift.

“Your programme gave me the confidence to take more steps forward with my wellbeing.

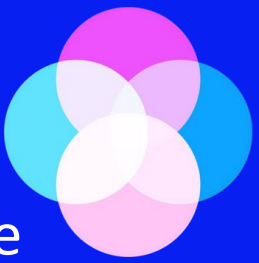
“The wellbeing coaching was excellent- my coach really *got* me.

“The programme has equipped me to help my team with their wellbeing.

“I learnt when my body was re-energizing...
it was life-changing.



The Wellbeing Advantage Team



We are passionate about applying our experiences from high performance sport to provide professional, evidence-based insights to optimize the performance of our corporate clients



Janine van Someren PhD

Janine is a professional accredited transformational coach with a PhD in life story research and a Masters in Applied Human Science. She combines a passion for wellbeing with skills of high-performance testing to promote sustained change with positive psychology and behavioural change strategies.



Ken van Someren PhD

Ken is a world-leading expert in health and performance, with a PhD in exercise science. He led the scientific support of Great Britain athletes through the London 2012 Olympics and launched the GlaxoSmithKline Human Performance Lab. He is a key opinion leader in wellbeing policy and practice.

To gain
The Wellbeing Advantage
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