

THE WELLBEING ADVANTAGE

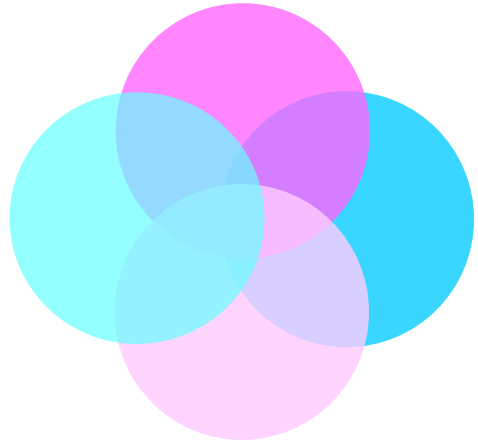
Wellbeing Solutions for
Happiness, Health and High-Performance





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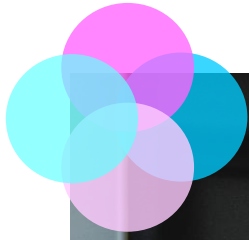
WELCOME TO THE WELLBEING ADVANTAGE

Employee wellbeing is the foundation of individual and business performance

We are dedicated to helping employees thrive so businesses realise enhanced performance and productivity

We deliver unique and high-impact workplace wellbeing tailored to individual and organisational needs

Our solutions create happy, healthy and high-performing employees to drive business success



BENEFITS OF INVESTING IN WELLBEING

- Improved employee energy and resilience
- Stress management and mental health
- Increased staff engagement and motivation
- Enhanced focus, creativity and innovation
- Talent attraction and retention
- Greater performance and productivity

OUR APPROACH



A holistic approach of mental, physical, social and emotional wellbeing so employees thrive at work



Positive psychology and science-based strategies to enhance wellbeing and performance

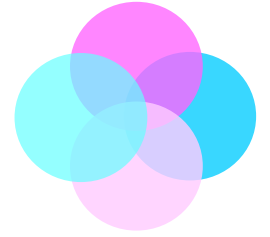


Transformational coaching and behaviour change techniques for sustained impact



Partnering with you to drive personal and organisational development

OUR WELLBEING SOLUTIONS



TALKS &
WORKSHOPS

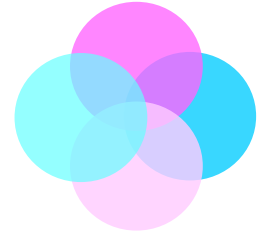


WELLBEING
PROGRAMMES



LIFESTYLE PROFILING
& COACHING

1. TALKS & WORKSHOPS



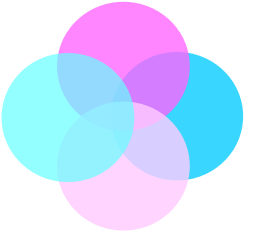
Interactive and engaging talks and workshops tailored to the needs of your employees

Topics include purpose, optimism, mental energy and focus, stress management, movement, nutrition, sleep and recovery

Promoting positivity, energy and resilience to manage stress and thrive at work

Actionable toolkit and positive psychology strategies to inspire sustainable improvements in wellbeing

1. TALKS & WORKSHOPS



Our immersive Talks & Workshops are delivered as single sessions or as a programme series:

The Positive Advantage – practice positive psychology for wellbeing

The Balance Advantage – manage stress & build resilience

The Movement Advantage – myth busting to boost cardiovascular health

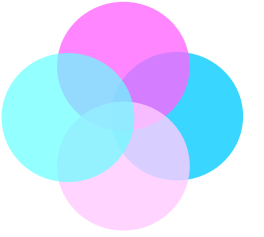
The Sleep Advantage – sleep hygiene & relaxation for energy & recovery

The Nutrition Advantage – promote better eating habits for wellbeing

The Cognitive Advantage – maximise energy, focus & productivity

The Team Advantage – enhance social cohesion & connectedness

2. WELLBEING PROGRAMMES



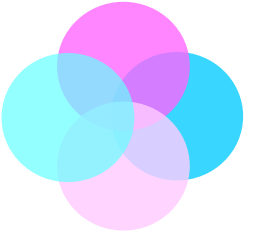
We offer tailored programmes to meet the specific needs of your organisation and employees

'Energising Leaders' is our flagship programme, building energy and resilience of leaders and managers

Customised programmes to enhance lifestyle, wellbeing and performance

Includes one-to-one coaching to increase energy, resilience, performance and leadership capability

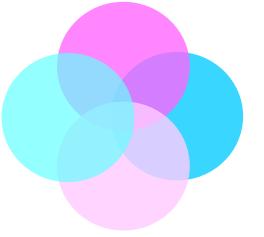
2. WELLBEING PROGRAMMES



Our 'Energising Leaders' programme comprises:

- Evaluating individual strengths and needs via bespoke online profiler
- 4 x 90 min online 1:1 coaching sessions, addressing what matters most to each leader
- Profiling physical and mental stress, sleep and recovery with cutting-edge wearable technology
- Personalised actionable plan and positive psychology strategies for sustainable improvements in wellbeing and performance

3. LIFESTYLE PROFILING & COACHING



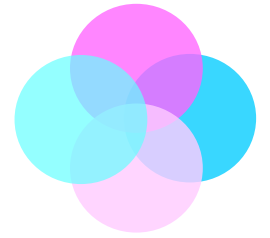
Personalised programmes to address individual wellbeing needs

One-to-one transformational coaching, putting individuals at the centre of their wellbeing and performance

Developing a roadmap for sustainable wellbeing habits and performance behaviours

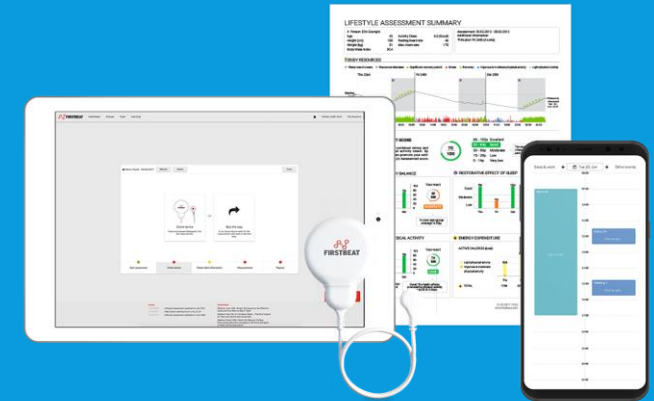
Advanced personal wellbeing diagnostics with cutting-edge wearable technology to profile mental stress, energy and recovery

3. LIFESTYLE PROFILING & COACHING



How Profiling Works

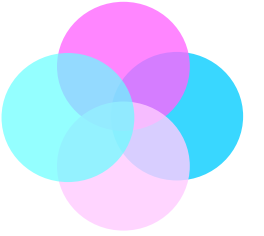
Wearable device and digital platform to record daily stress and recovery



Expert insight and actionable lifestyle strategies to:

- Boost health and wellbeing
- Manage stress and mental energy
- Improve sleep and recovery
- Recognise risk of fatigue and burnout

WHAT OUR CLIENTS SAY



Transformational

"I learnt an incredible amount about how to improve my wellbeing and what changes I need to make"

Research Based

"Tailored to individual need and a brilliant balance between the theory and the practical strategies"

Personalised

"Provided an insight into the how and why of my stress responses; where I could improve in terms of managing my wellbeing and has given me more confidence in putting my wellbeing higher on my agenda"



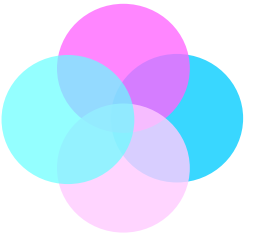
ABOUT US

The Wellbeing Advantage is led by Dr Janine van Someren and Dr Ken van Someren, who have over 40 years of scientific research, coaching and corporate leadership experience.

Janine is a professionally accredited Transformational Coach and qualified counsellor, with a PhD in life story research. She has led wellbeing programmes for over 20 years, delivering to clients across the financial services, leisure & hospitality, and education sectors.

Ken is a world-leading expert in wellbeing & performance, with a PhD in performance science. With unrivalled experience of supporting Olympians and extreme explorers, he applies proven strategies for success to help individuals & businesses achieve their best.

Our unique team of highly-skilled associates include accredited transformational coaches, specialists in health and performance, and experts in leadership development.



To gain
The Wellbeing Advantage
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GET IN TOUCH

