

# THE WELLBEING ADVANTAGE

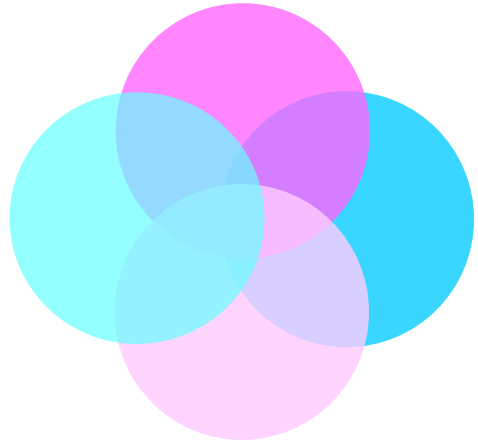
Wellbeing Solutions for  
Happiness, Health and High-Performance





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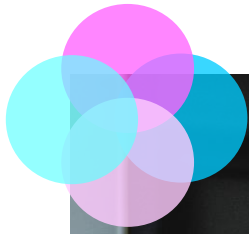
# WELCOME TO THE WELLBEING ADVANTAGE

Employee wellbeing is the foundation of individual and business performance

We are dedicated to improving individual wellbeing to enhance business performance and productivity

We deliver unique and high-impact corporate wellness solutions tailored to individual and organisational needs

Our science-backed 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



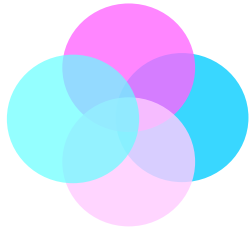
Positive psychology and science-based strategies to enhance wellbeing and performance



Transformational coaching and 3D motion tracking for sustained motivation and impact

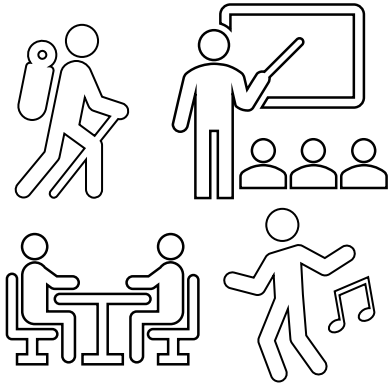


Partnering with you to drive personal and organisational development

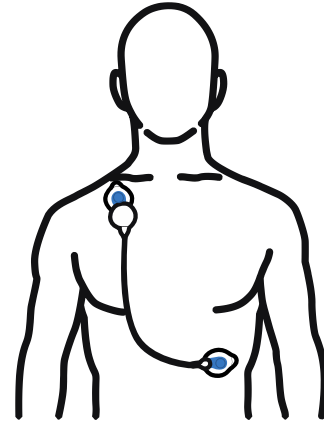


# LICENSED PARTNERS WITH **FIRSTBEAT**

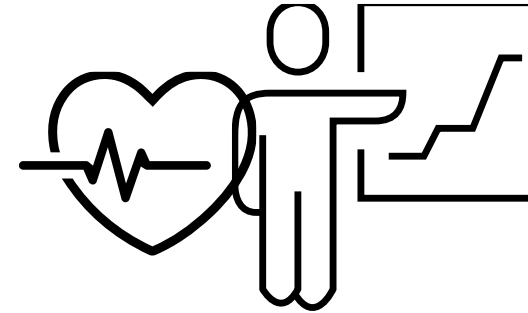
## The most advanced 3D technology for balancing stress & recovery



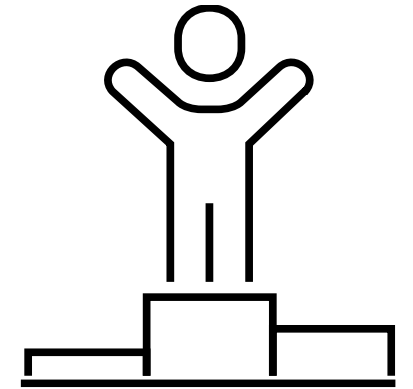
Various stressors in daily life cause physiological reactions that influence the body.



We can see these effects by 3D motion tracking combined with measuring every heartbeat and the time between heartbeats.



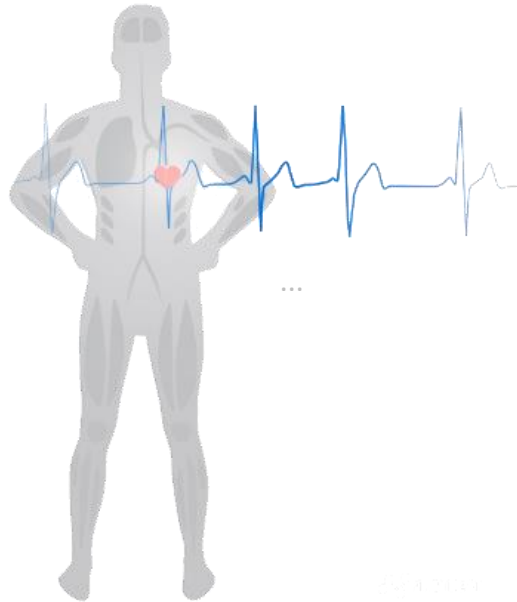
FirstBeat Sensors convert heartbeat data and we produce a personal report about the effects of stress, recovery and physical activity.



By recognizing the effects of different stressors and life choices, we help you to make changes that promote long term sustainable wellbeing solutions.



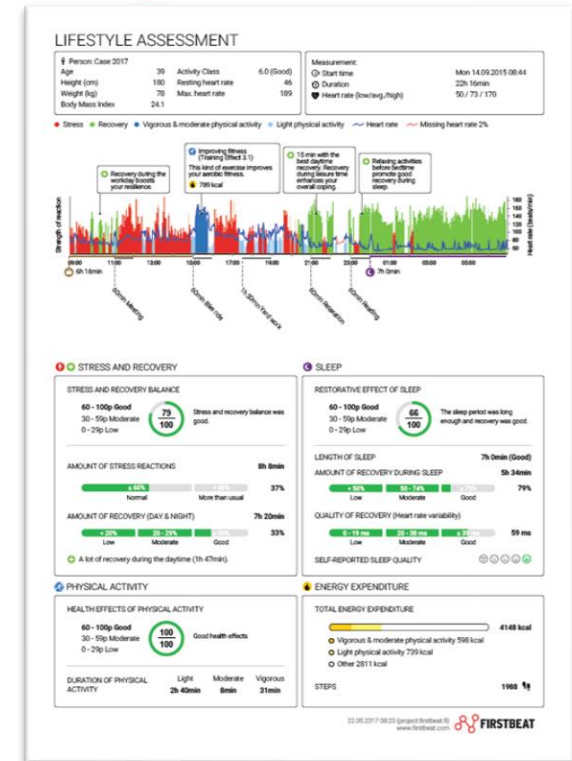
# ACCURATE & RELIABLE 3D MOTION TRACKING



Heart rate variability (HRV) contains information about key physiological functions



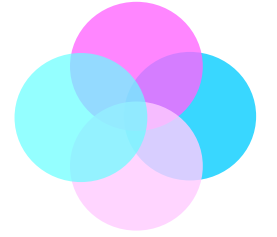
Firstbeat measures heart rate variability to analyse these functions



Personal wellbeing advice based on a comprehensive report with sleep, stress, recovery & exercise insights

The Wellbeing Advantage

# OUR WELLBEING SOLUTIONS



TALKS &  
WORKSHOPS



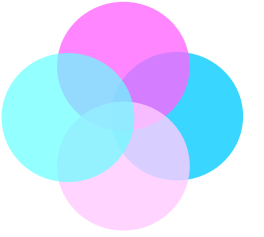
WELLBEING  
PROGRAMMES



LIFESTYLE PROFILING  
& COACHING



# 1. TALKS & WORKSHOPS



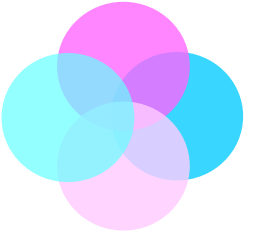
Interactive and engaging talks and workshops tailored to the needs of your employees

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

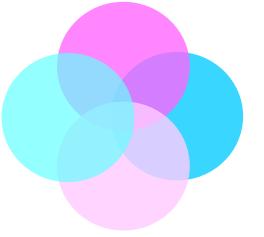
**The Sleep Advantage** – sleep hygiene & relaxation for energy & recovery

**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



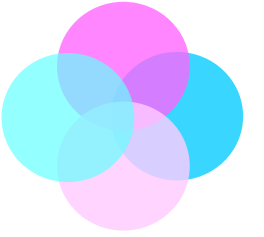
We offer tailored programmes to meet the specific needs of your organisation and employees

**'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

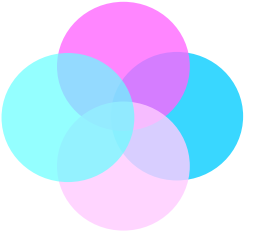
## 2. WELLBEING PROGRAMMES



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



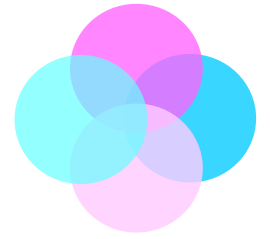
Personalised programmes to address individual wellbeing needs

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

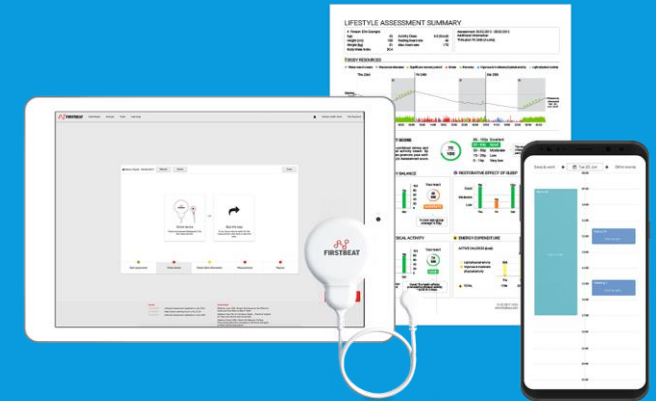
Advanced personal wellbeing diagnostics with cutting-edge wearable technology to profile mental stress, energy and recovery

# 3. LIFESTYLE PROFILING & COACHING



## How Profiling Works

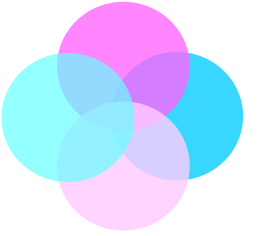
Wearable device and digital platform to record daily stress and recovery



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"*



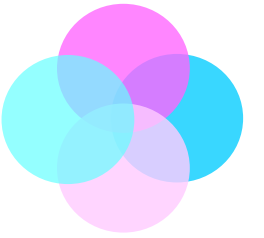
# ABOUT US

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**  
please contact:

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# GET IN TOUCH

