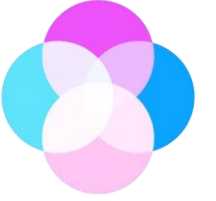


# THE WELLBEING ADVANTAGE

Science Based  
Wellbeing Solutions for  
High Performance Work

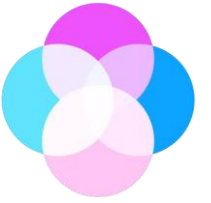


# CONTENTS



1. Welcome
2. Our Approach
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# 1. WELCOME



Employee wellbeing is the foundation of individual and business performance.

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

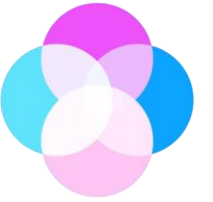
We deliver unique, high-impact and science-based wellness solutions tailored to individual and organisational needs.

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





## 2. OUR APPROACH



The Wellbeing Advantage combines high performance expertise, wellbeing coaching and data-driven insights to connect the dots between your work and lifestyle.

We work across elite sport, industry and business, bringing both cutting-edge science and performance insights to ensure individuals and organisations perform to their best.

## 3. 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.

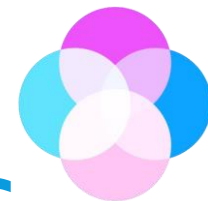
As a professional accredited transformational coach with a PhD in life story research, Janine combines a passion for wellbeing with skills of high-performance testing to promote sustained change with positive psychology and behavioural change strategies.

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.





## 4. BENEFITS OF WORKING WITH US



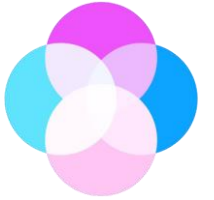
The Wellbeing Advantage provides expert insight and actionable lifestyle strategies to:

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

Our Programmes use FirstBeat wearable technology which has resulted in:

- 92% of employees improving their wellbeing
- Up to 30% decrease in sick days
- Over 85% Increased their work efficiency

# 5. 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

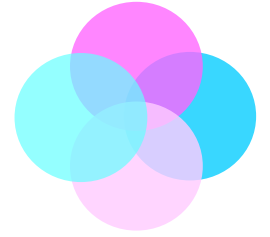
*"Provided an insight into the how and why of my stress responses; where I could improve in terms of managing my wellbeing and has given me more confidence in putting my wellbeing higher on my agenda"*



Unilever



# 6. OUR WELLBEING SOLUTIONS



A. TALKS &  
WORKSHOPS



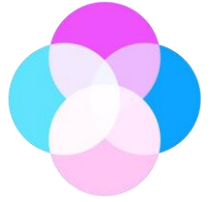
B. ENERGISING LEADERS  
PROGRAMME



C. ENERGISING TEAMS  
PROGRAMME



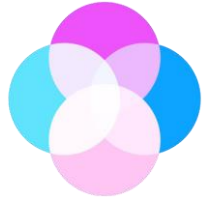
# A. TALKS & WORKSHOPS: OVERVIEW



Our immersive Talks & Workshops are delivered as single sessions or as a programme series. Sample topics include:

- Lessons from High Performance Sport for the Workplace
- Re: Thinking Stress in a High Performance Workplace
- Boost Positive Psychology for Workplace Wellness
- Supercharge Your Rest, Recovery & Sleep
- Re-Fuel to Energise for High Performance Work
- Re: Activate Your Performance

# TALKS & WORKSHOPS: INCLUDES

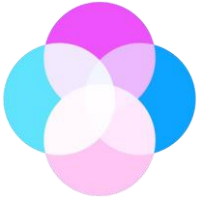


- Interactive content utilising Wooclap technology
- Engaging Q&A for participants post seminar
- Additional resources (podcasts, books, TedTalks) to optimise behaviour change – available via email
- Email support between seminars
- Access to recording for limited period
- Access to online community of The Wellbeing Advantage consultants

Here's what our clients have said:

**"The workshop was incredibly positive, Janine has proven to be not only very knowledgeable but also effortlessly likeable with a great sense of humour"**

# B. ENERGISING LEADERS: OVERVIEW



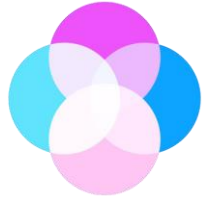
We offer tailored programmes to meet the specific needs of your organisation and employees.

**'Energising Leaders'** is our flagship programme, building energy and resilience of leaders and managers in the high performance workplace.

Customised to enhance lifestyle, optimise wellbeing and boost performance of your leaders.

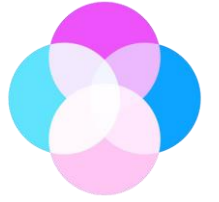
Includes one-to-one coaching to increase energy, resilience, performance and leadership capability.

# ENERGISING LEADERS: INCLUDES



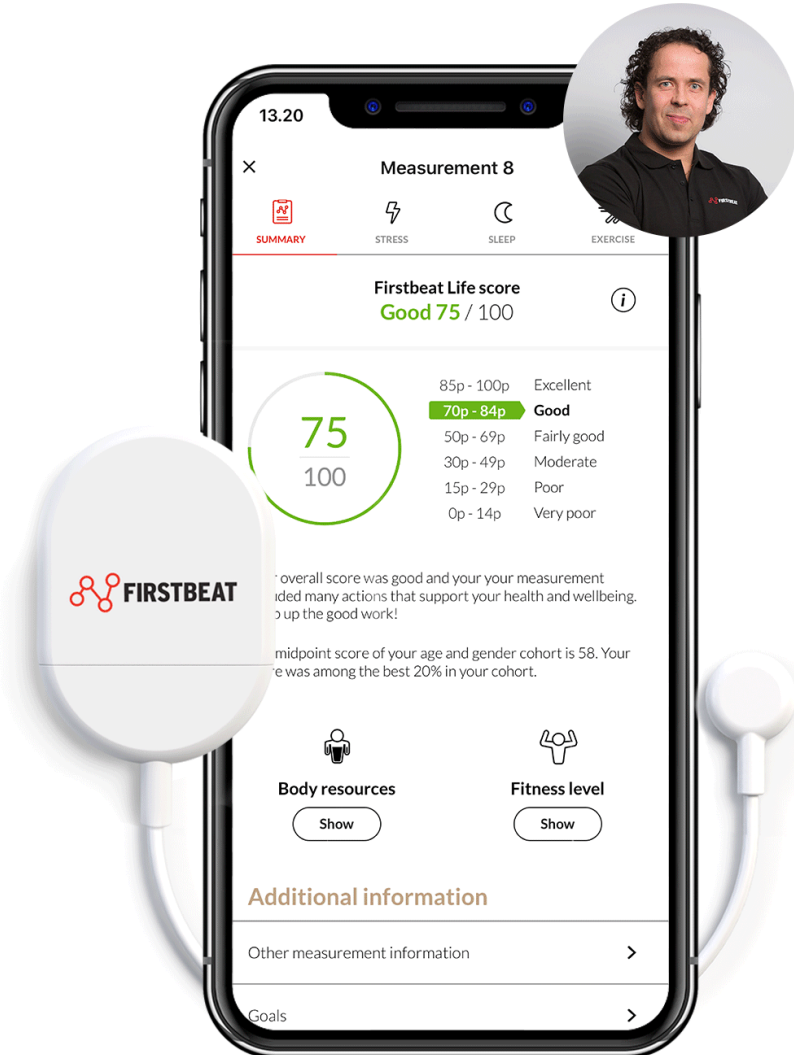
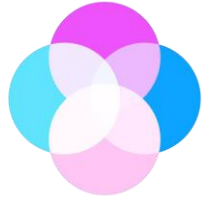
- A bespoke online profiler to evaluate individual strengths and needs via bespoke online profiler
- 4 x 90 min online 1:1 coaching sessions, putting individuals at the centre of their wellbeing and performance
- Profiling physical and mental stress, sleep and recovery with cutting-edge wearable technology
- Personalised actionable plan and positive psychology strategies for sustainable improvements in wellbeing and performance

# C. ENERGISING TEAMS: OVERVIEW



- Energising Teams is a subscription-based corporate wellness solution designed to promote employee health with science-based insights.
- Firstbeat Life mobile app is a personal measuring device for highly accurate heart rate variability and movement measurements.
- It monitors stress, recovery, sleep and exercise.
- Company and group reporting can be utilised to identify trends, risk factors and the effectiveness of habit change as identified in group webinars.

# ENERGISING TEAMS: INCLUDES



- **Interactive webinars** tailored to address group wellbeing challenges.
- **Accurate & reliable sensor** for HRV and 3D motion tracking.
- **Firstbeat Life app** for stress, recovery, sleep & exercise insights.
- **Sustainable wellbeing** through behavioural change strategies.

# 7. GET IN TOUCH

To gain  
**The Wellbeing Advantage**  
please contact:

Janine van Someren PhD

[info@thewellbeingadvantage.com](mailto:info@thewellbeingadvantage.com)  
[thewellbeingadvantage.com](http://thewellbeingadvantage.com)

