



Thriving Together

Workshops for Sustainable Employee Wellbeing



Introducing The Wellbeing Advantage

Janine and Ken bring a unique blend of scientific expertise and practical experience to your wellbeing workshops, ensuring your team receives the best support for their health and performance.

Janine van Someren:

Transformational Coach: Janine is a professional accredited transformational coach with a PhD in life story research and a Masters in Applied Human Science.

Wellbeing Advocate: She combines her passion for wellbeing with high-performance testing skills to promote sustained change through positive psychology and behavioral change strategies.

Ken van Someren:

Health and Performance Expert: Ken holds a PhD in exercise science and is a key opinion leader in wellbeing policy and practice, bringing cutting-edge insights to our programs.

Olympic Experience: He led the scientific support for Great Britain athletes during the London 2012 Olympics and launched the GlaxoSmithKline Human Performance Lab.



Our Approach

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

From Ken's experiences leading the scientific support of GB athletes through London 2012 and Janine's research on high performance in elite tennis we have the personal experience and research data to show what it takes to be your best. Our aim is to empower individuals to bring their best selves to work, with enhanced engagement, motivation and resilience.

Our immersive talks & workshops are tailored to your organisational needs.

"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:** customized 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

Super interesting session that live and rewatch members have commented on the quality and depth of information. Janine knows her stuff without a doubt, but her ability to put into context, scenarios and real-world thinking makes her skills and knowledge so accessible to the masses.

Graham Reed, Product Operations. Author of *The Product Ops Playbook*



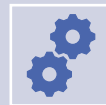


Sample Workshop Topics

Tailored to your organisational needs our workshops are designed to inspire positive behaviour change to support a culture of optimum engagement & performance



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



Sustain Energy and Capacity for High-Performance Work



Bust Stress and Reframe Your Mindset to Thrive at Work



Decoding The Science of Balance: Evidence Based Techniques to Optimize Work Life Fit



Get in Touch

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