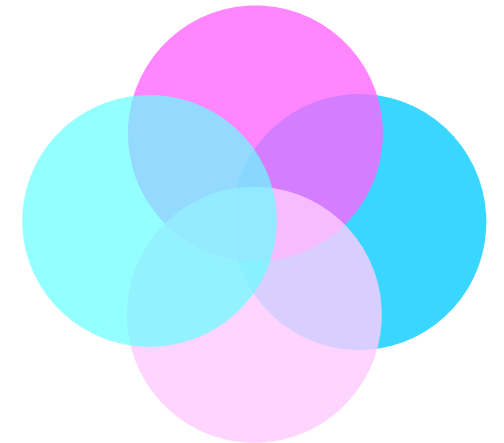
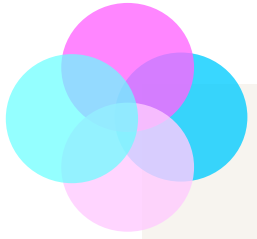


THE WELLBEING ADVANTAGE

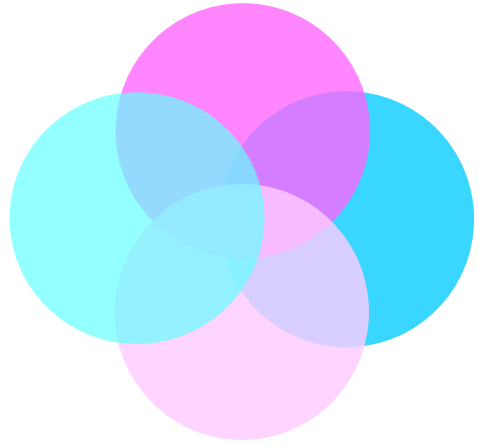
Wellbeing Solutions for
Happiness, Health and High-Performance





CONTENTS

1. Welcome
2. Benefits of Wellbeing
3. Our Approach
4. Our Wellbeing Solutions
5. Client Case Studies
6. About Us
7. Get in Touch

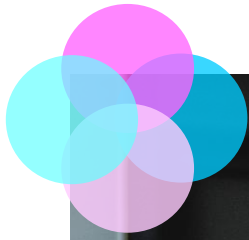


WELCOME TO THE WELLBEING ADVANTAGE

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



Employee wellbeing is the foundation of individual and business performance



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



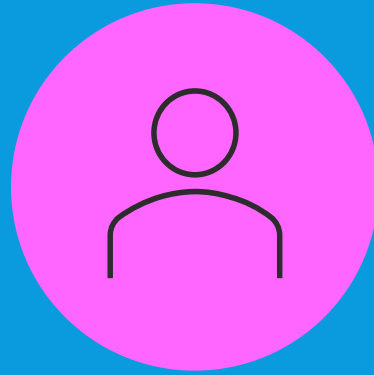
Positive psychology and science-based strategies to enhance wellbeing and performance



Partnering with you to achieve personal and organisational development



IMMERSIVE
WORKSHOPS

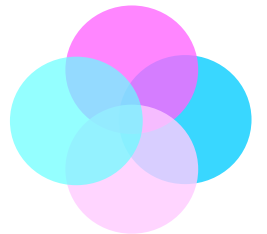


LIFESTYLE
PROFILING



PERFORMANCE
COACHING

OUR WELLBEING SOLUTIONS





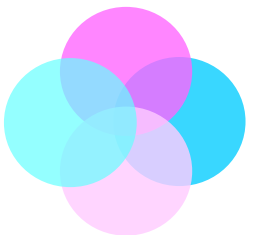
IMMERSIVE WORKSHOPS

Interactive and engaging 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





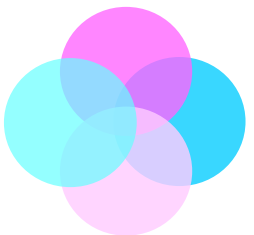
LIFESTYLE PROFILING

Profiling physical and mental stress, nutrition, sleep and recovery to develop energy and resilience

Advanced personal wellbeing and performance diagnostics with cutting-edge wearable technology

Includes 24 hour heart rate variability analysis to evaluate stress and recovery

Personalised programmes to enhance lifestyle, wellbeing and performance





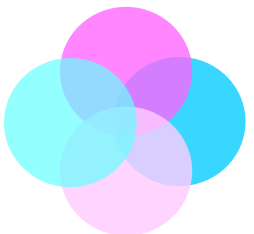
PERFORMANCE COACHING

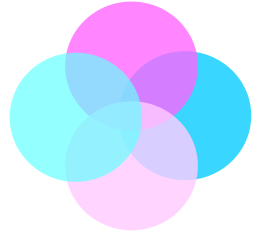
One-to-one transformational coaching,
putting individuals at the centre of their
wellbeing and performance

Creating a safe space to explore individual
purpose, priorities and strengths for personal
and professional success

Developing a roadmap for sustainable
wellbeing habits and performance behaviours

Complementing Immersive Workshops and
Personal Profiling or as a stand alone
performance programme





CLIENT CASE STUDIES



TPG – Global Private Investment

We delivered immersive workshops and transformational coaching to increase motivation, resilience and productivity of home-based workers and counter the mental strain of 'always on' work patterns.



Grove Construction – Design, Build & Project Management

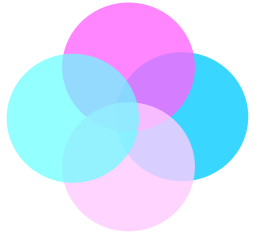
Diagnostics and profiling of senior executives to measure stress and recovery. We implemented individual plans to improve energy and stress management through nutrition, physical activity and sleep optimisation.



Turquoise Holidays – Bespoke Luxury Holidays

Enhancing employee happiness and wellbeing habits through immersive workshops. Developing organisational wellbeing and engagement strategy to align employees to company purpose.

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 construction sectors.

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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W: thewellbeingadvantage.com

GET IN TOUCH

