
COACHING

Your team deserve and flourish from a fantastic work environment that allows them (and you) to get the best from them – discover hidden talents or broaden existing skills by everyone living their very best version of themselves. Enablement of your team will lead to your success!



Let us help you find the best solutions to any issues that you experience as a business and as people (a novel approach!) to facilitate an amazing platform from which you will thrive at what you do.



WELLBEING WORKSHOPS

Some people take care of themselves, some don't and some simply do not realise there is anything different out there. At True Wellbeing, we want to give you lovely people some great insight into how incorporating wellbeing elements at work can help with improving motivation, work rate and just help make people feel better, feel better about themselves and feel engaged and positive about coming to work.

TRUE WELLBEING

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Coaching

Workshops

Consulting

CONSULTING

True Wellbeing will help you devise and deliver a robust strategy taking into account the three pillars of Mind Body & Environment to enable and promote an awesome company culture that fits with product or service, positive progression and aligns you to your clients. We have all the resources and tools you need to assist this 😊



Let us pour our knowledge of how to make people truly well, to engage and get the best from yourselves by considering movement, how to talk to yourself and the environment in which we spend so much of our days.



SEMINARS & WORKSHOPS

- The Foundations of Nutrition; How that relates to you.
- W.I.S.E. Weight Management: A holistic approach
- The Importance of Movement, Strength & Flexibility
- How Breathing properly, Moving more and Stopping work can make you better at your job
- Self-Care: For Your Mind, Body & Environment
- Mindfulness Made Easy
- Habit Change: The Foundations on which to lay Helpful Habits

(2 hours)

- Wellbeing @ Work: What that means for you.
- Mental Health - in all its forms.
- Sense of Self - identifying the good and the bits to work on
- Mindfulness doesn't need to mean Meditation

(1 hour)

PROGRAMMES & COURSES

- Engaging a Healthy Lifestyle
- Working with Others
- Increasing Productivity
- Motivational Mindfulness

- Private Yoga Sessions
- Start Moving
- W.I.S.E. Weight Management - Full program

(duration and frequency TBD)

Topics for seminars, workshops and one-to-one coaching packages are available to personalise.

YOUR WELLBEING

If you are new to thinking about specific well-being programmes for your staff or want to ramp up on how you incorporate it into your company culture, then True Wellbeing has the solution for you. All programmes are bespoke to your company and needs and can incorporate stand-alone services or combine group workshops, seminars and one-to-one coaching.



WORKSHOPS

If you are in need of an injection of positivity for your team, these inspiring workshops are one sure-fired way to achieve this. Dispel lethargy and incite motivation and productivity with a single workshop, a mini-series or make them an ongoing thing for everyone to enjoy at part of your wellbeing @ work!

- RELAXED ENVIRONMENT
- FUN INFORMATIVE EXERCISES
- EASY TO UNDERSTAND
- 6 - 20 PARTICIPANTS

FROM £375

PRIVATE COACHING

Often your managers and directors will prefer a more hands-on approach and it is better to detail a more bespoke and tailored programme. to inspire a healthy perspective to themselves, to their work and to promote productivity and job satisfaction.

- FOR MANAGERS & DIRECTORS
- FREE DISCOVERY MEETING
- IMPECCABLE PROGRAMME DELIVERY
- FULLY TAILORED TO INDIVIDUAL

FROM £1050

CONSULTING

An initial meeting will determine your needs and requirements and what a potential structure of this could look like. Programmes are intirely bespoke to your company and generally span a period of 3 - 18 months depending on company and requirements.

- FREE INITIAL DISCOVERY MEETING
- COLLABOARATIVE APPROACH
- BESPOKE TO COMPANY CULTURE
- INTERACTIVE & HOLISTIC

DAY RATE ON REQUEST