

# Fit for Tomorrow 1:1 Wellbeing MOT

Our 1:1 Wellbeing MOT sessions provide support around mental wellbeing and personal development. If your Company is looking at a different way to support workplace wellbeing this is a great place to start.

A proactive and preventative approach to protect wellbeing and the impacts of poor mental health on people and their work.

The aims of our Wellbeing MOT's are as follows:

- To help raise and develop self-awareness around overall wellbeing, including mental wellbeing, so a person is able to recognise early warning signs and develop coping strategies to proactively manage their wellbeing and mental health.
- To provide a safe and impartial environment for individuals to stop, talk and reflect on their wellbeing and issues that they may otherwise not feel comfortable talking with someone else about or have the opportunity to.
- To provide a meaningful solution to support workplace wellbeing



We base the Wellbeing MOT on 5 principles of wellbeing that are known to have a positive impact on a person's overall wellbeing, which are:

**Feeling connected**



**Being physically active**



**Keep learning**



**Giving to others**



**Taking notice**



We have received very positive feedback for clients who have engaged Fit for Tomorrow to provide the 5 Step Wellbeing MOT & coaching, here's a taste of what they have said:

"I have never introduced such a successful initiative that has received such amazing feedback, it is virtually 100%." Pre IPO, High Growth Tech Company

"We engaged with FFT as we wanted to better support our employee wellbeing. It's great to know we can rely on their support. Our employees have benefited from their approach and the investment was worth it." Media/marketing SME

If you're interested in a different approach and initiative to support wellbeing within your business, please get in touch to discuss how we can provide a solution that works for your business and your people.

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