

FITFOR
tomorrow

Workplace coaching & training solutions

Enabling your people to thrive
so your business grows

- Employee Wellbeing MOT's
- Referrals for 1 to 1 Life & Wellbeing Coaching
- Mental Health First Aid training
- Mental Health Awareness in the Workplace training
- Workplace Health & Wellbeing Consultancy

We are a workplace wellbeing consultancy providing solutions with a purpose.

Our purpose is to **Support, Encourage** and **Empower** employees through Life & Wellbeing Coaching.

We help people to focus and find their own sustainable solutions to improve and maintain their overall wellbeing & mental health, leading them to be engaged, fulfilled and happy in their life and work.

Our mission is to leave your business in no doubt that a positive and proactive approach to wellbeing and mental health is the best approach and can be enhanced through coaching.

We provide an alternative to the traditional and more reactive approaches that are widely available, e.g Employee Assistance Programmes that are not successful in supporting and managing mental health and wellbeing in the workplace.



Our services

Employee Wellbeing MOT's provide an opportunity to have a 1 to 1 session with an experienced Life & Wellbeing Coach. The purpose is to allow your employee to Stop, Talk, Reflect and Move Forward using the session to focus on aspects of their wellbeing that may be causing concern. With the help of their coach they develop their Personal Wellbeing Plan, creating goals to improve and maintain their wellbeing.

Sessions can be facilitated via a preferred online video platform, this means where ever your employees are based we can provide support.



Most Successful Workplace Initiative 2021

“In the current world of uncertainty and remote working, the ability to be able to pause and have the European leadership receive a Wellbeing MOT with the Fit for Tomorrow team has been invaluable.

It enabled us to focus on what matters and make sure we are better equipped to support ourselves and the wider team.”
Justin Khaksar, Managing Director and VP EMEA, APAC, Klaviyo

Coaching Referrals can be helpful in situations when an employee may be struggling with an issue that is impacting on their work and would benefit from impartial and external support.

Typically 6 sessions will SEE an employee make sustainable improvements and positive changes that will enable them to be better equipped to cope and overcome their challenges.

A coaching referral can also reduce the need to use other services such as Occupational Health, which can be costly and time consuming with limited impact in terms of a positive outcome for both employer and employee.

- Improve work performance
- Support return to work
- Improve resilience
- Cope with stress



stop



talk



reflect



move forward

Mental Health First Aid Training is delivered by our qualified in house MHFA Instructor.

Mental Health First Aid England is well recognised and valued by businesses and organisations for raising awareness and building skills to support mental health at work.

At Fit for Tomorrow we deliver Mental Health First Aid courses to businesses and individuals, training people to become Mental Health First Aiders. Currently all courses are delivered online, through a combination of live sessions and self-study.

The online course qualifies people as Mental Health First Aiders, providing:

- An in-depth understanding of
- mental health and the factors that can affect wellbeing
- Skills to spot the triggers and early warning signs of mental health issues
- Confidence to respond, offer reassurance and support to someone in distress
- Enhancement of interpersonal skills, such as non-judgemental listening
- Insight and knowledge to help someone recover their health by guiding them to further support

We offer the option of open courses, or dedicated courses if you have a minimum of 6 people you would like to be trained as Mental Health First Aiders.

Mental Health Awareness in the Workplace Training can be helpful to raise awareness of issues that can impact work and provide useful tips to improve communication and support in the workplace in relation to mental health and wellbeing.

Our range of workshops are suitable for Managers, Supervisors and for all employees. Alternatively we can design a bespoke programme for your business.

Workplace Health & Wellbeing Consultancy service provides valuable experience and expertise when it comes to developing an effective strategy to improve and support the health and wellbeing of your employees.

From reviewing current strategies and programmes and their effectiveness, to building a strong business case for implementing a strategy that will make a positive contribution to reducing costs associated with poor mental health and wellbeing in the workplace.

Take a look at our cost illustration on the next page.



Bio's

We bring together our wealth of knowledge and experience from the different sectors. As a result we can provide you with a service backed up by an in-depth understanding what it takes to manage and develop others.

Michael

For most of my career I worked at senior management level, leading teams in demanding and competitive sectors such as publishing. 3 years ago, having experienced some personal trauma, I decided to make some changes in my life, to protect my own wellbeing & that of my family. This led me on a journey to set up Fit for Tomorrow, because I wanted to help people make better choices in their lives.

Jen

Life is a journey and like most, mine has involved lots of twists, turns and obstacles that have meant I have had to learn to rise to challenges, adapt and be resilient. Gaining a diploma Coaching over 10 years ago and working in the Occupational Health Sector for the last decade, I have developed my expertise and knowledge of workplace health which included becoming a qualified Mental Health First Aid Instructor.

Why use Coaching to support Employees?

- Support a Return to Work, following absence from the workplace
- Supporting professional performance challenges
- Preparing for and adjusting to changes in the workplace, e.g returning to the office after working from home through the pandemic
- A positive initiative to support and improve overall wellbeing and mental health at work
- Provide impartial support to help overcome issues such as stress and anxiety

Business case

We are commercially minded and know how business works. We believe that by helping you understand the costs associated with poor mental health at work and illustrating how investing in Wellbeing for your workplace, you will be able to measure the positive results through:

- Lower absence rates
- Improved work performance
- Improved employee engagement
- Lower staff turnover
- Lower presenteeism
- And of course a happier, healthier and fulfilled workforce

The cost of poor mental health to UK employers

According to Deloitte Mental health and employers - Refreshing the case for investment January 2020, the cost of poor mental health to UK employers is up to £42 billion per year.

The average cost per employee across private sector and public sector is £2,048 per employee per year.

There is good news though!

For every **£1** spent on supporting and improving mental health at work you will see a return on investment of **£5**.



Get in touch to have a chat about what is possible for your business

01787 249406

jen@fitfortomorrow.co.uk

michael@fitfortomorrow.co.uk