

ALISON KILGOUR COACHING

Corporate Wellness Coaching

Practical wellbeing support for employers, leaders and their teams.

Data-Driven Intelligent Coaching



HEALTHIER PEOPLE. STRONGER TEAMS. BETTER BUSINESS PERFORMANCE

When people are tired, under sustained pressure or struggling to maintain healthy habits, the effects can show up in their working day: lower energy, difficulty concentrating and less capacity to manage demanding periods.

For employers, the question is how to provide support that addresses what is happening within their own organisation.

Corporate Wellness Coaching turns those priorities into practical support through workshops, leadership coaching and ongoing programmes. Your people gain guidance they can apply in their working lives, while your business gains a coordinated approach to wellbeing with clear goals and regular review.



IF YOUR PEOPLE ARE YOUR GREATEST ASSET, THEIR
WELLBEING BELONGS IN YOUR BUSINESS STRATEGY,
NOT JUST IN A FRUIT BOWL DURING “WELLNESS WEEK”.

WELLBEING FOR BUSINESSES THAT VALUE, DEVELOP AND RETAIN TALENT

22.1 MILLION

Working days lost to work-
related stress, depression or
anxiety in Great Britain in
2024/25.

Source: Health and Safety Executive.

UNDERSTAND THE PROBLEM. BUILD THE RIGHT SUPPORT. MEASURE WHAT CHANGES.

We begin with your business priorities, working environment and people challenges, using relevant information you already hold. We then agree the participants, outcomes, delivery format, timetable and measures of progress, giving you a clear proposal before work begins.

9.4 days

Average annual sickness
absence per employee in the
CIPD's 2025 employer survey,
compared with 7.8 days in
2023

Source: CIPD, Health and Wellbeing at Work 2025.

These figures make it worth understanding
your own absence patterns and whether
your existing support meets the needs
behind them

Workshops

Practical sessions on movement, strength, nutrition, sleep, recovery and habits give employees greater understanding and useful actions they can take into their working week.

Leadership Coaching

Individual or small-group coaching helps leaders give attention to their own health, energy and performance, while considering the example they set and how they support their teams.

Year-Round Programmes & Strategy

Ongoing coaching, education, engagement and review give wellbeing continuity. Your business has an agreed direction and a programme that can evolve as needs and feedback change.

WHAT YOUR BUSINESS GAINS

Your people gain practical support for healthier habits, energy and recovery, while your leaders develop greater understanding of how to support their teams.

Investment in wellbeing can support attendance, retention and your appeal as an employer, helping protect the skills, relationships and knowledge behind reliable delivery.

When bids ask about continuity of staff, a structured programme with clear objectives and reviewed outcomes provides tangible evidence of your investment in the people responsible for delivering your promises.

HOW WE REVIEW PROGRESS

We agree relevant measures before delivery, including participation, employee feedback, changes in habits and reported energy or recovery. Where available, absence, retention and recruitment trends provide wider business context. Regular reviews help you assess progress and describe your investment in people accurately in bids and client conversations.

“The people you promise in your bid need support to stay and deliver.”

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Why work with Alison?

My experience in senior commercial roles across property and construction includes clients, teams, bids and demanding delivery commitments. I understand why continuity of staff, retained knowledge and reliable delivery matter when winning work.

Alongside professional fitness, nutrition and mental health training, that experience helps me shape wellbeing support around your people and business priorities.

BOOK A
CONVERSATION

EXPERIENCE THAT UNDERSTANDS THE REAL WORLD.

Alison Kilgour brings nearly three decades of experience in property, construction and business, alongside professional coaching, fitness, nutrition and mental health training.

Her background includes building a business, winning work, negotiating deals and leading teams in demanding commercial environments. That experience shapes coaching which understands professional responsibility, competing priorities and the need for advice people can put into practice.

Qualifications, Specialist Training & Memberships

- Level 3 Diploma in Personal Training
- Level 3 Pre & Postnatal Exercise & Nutrition
- Menstrual Cycle & Menopause Exercise/Nutrition
- Mental Health Awareness & First Aid
- CIMSPA - Member (MCIMSPA)
- Association for Coaching Member
- BSc Quantity Surveying

“I coach people who carry a lot.”

Across all three services, the approach follows the same principles.

REAL LIFE FIRST

Your training, habits and development need to fit the life or business you actually have.

DATA, NOT GUESSWORK

Track what matters, understand what it tells us and use the evidence to guide your next step. Progress is measured, not assumed.

INTELLIGENT ACCOUNTABILITY

Clear expectations, honest conversations and consistent follow-through, with adjustments when circumstances change.

You receive personal attention, practical direction and a clear connection between the work you put in and the progress you are aiming for.



OTHER COACHING SERVICES

Support for you, your people and your business.

FITNESS & LIFESTYLE COACHING

Give your own health a place in the diary.

Bespoke online training, nutrition and lifestyle coaching helps busy professionals work towards fat loss, strength and better energy.

Your programme, weekly check-ins and progress data sit together in the 1Fit app, with personal feedback and adjustments that keep your plan working around your life.

CHOOSE THE SUPPORT THAT FITS.

Appoint Corporate Wellness Coaching on its own, or combine it with Fitness & Lifestyle Coaching for individual health goals and Business Development Coaching for commercial confidence. Each service has an agreed purpose, scope and goals, building support around what you and your business need.

BUSINESS DEVELOPMENT COACHING

Develop your next generation of rainmakers. Help technically capable people become commercially confident professionals.

Workshops, development programmes and individual coaching build the skills to make connections, develop client relationships and recognise opportunities, with clear goals and practical actions that contribute to winning work.



FREQUENTLY ASKED QUESTIONS

GOT QUESTIONS? I HAVE ANSWERS.

WHO IS CORPORATE WELLNESS COACHING FOR?

Employers, HR teams and business leaders who want practical wellbeing support for their people. We can focus on a particular team, your leaders or a wider workforce programme, starting with your priorities and the challenges your people face.

HOW IS THE SUPPORT DELIVERED?

Support can include practical workshops, individual or small-group leadership coaching and ongoing programmes. We agree the participants, delivery arrangements and timetable before work begins, so the support fits your organisation.

CAN WE START WITH A SINGLE WORKSHOP?

Yes. A focused workshop can address a particular topic or introduce your people to practical wellbeing support. It can stand alone or become the starting point for a wider programme.

CAN YOU SUPPORT BOTH LEADERS AND EMPLOYEES?

Yes. Leadership coaching focuses on leaders' own health, energy and the example they set. Workshops and ongoing programmes give employees practical guidance on healthier habits, with content shaped around their needs.

HOW WILL WE KNOW WHETHER IT IS WORKING?

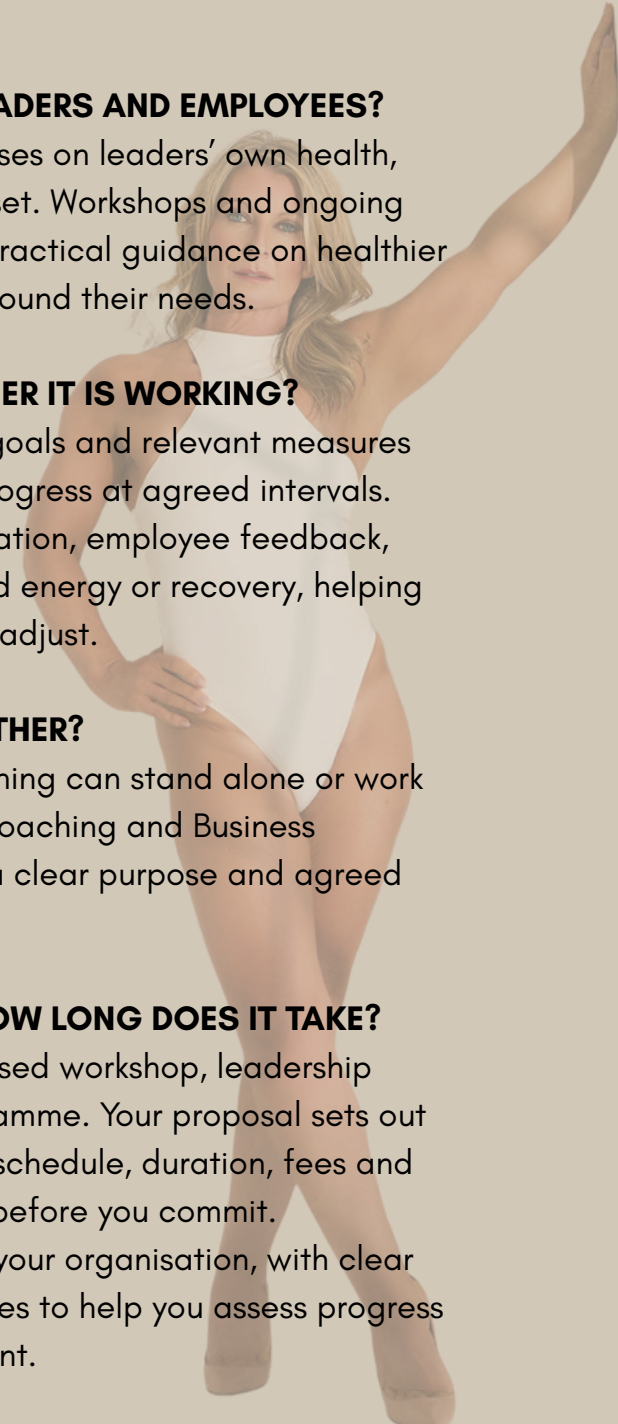
We agree your starting point, goals and relevant measures before delivery, then review progress at agreed intervals. Measures can include participation, employee feedback, changes in habits and reported energy or recovery, helping us decide what to continue or adjust.

CAN SERVICES WORK TOGETHER?

Yes. Corporate Wellness Coaching can stand alone or work alongside Fitness & Lifestyle Coaching and Business Development Coaching, with a clear purpose and agreed outcomes for each service.

WHAT DOES IT COST AND HOW LONG DOES IT TAKE?

You can appoint me for a focused workshop, leadership coaching or an ongoing programme. Your proposal sets out the support included, delivery schedule, duration, fees and agreed measures of progress before you commit. The programme is bespoke to your organisation, with clear objectives and agreed measures to help you assess progress and the value of your investment.



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BOOK A CONVERSATION

Let's discuss the wellbeing challenges facing your people and what you want to improve across your organisation.

We will explore your priorities and identify the right support, whether that starts with a workshop, leadership coaching or an ongoing programme. You will receive a clear outline of the scope, delivery and investment before you commit.



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