



**People work better
when they feel good.
Simple.**

**What's not simple
is achieving it. That's
where we come in.**

We provide initiatives that are proven to engage your employees, reduce their stress and improve their happiness levels both at home and at work.



Facilitating high level discussions on wellbeing

- Strategic thinking around wellness programmes and initiatives
- Assessing organisations holistically



Wellbeing Challenge — based on the Five Ways to Wellbeing

Connect with each other, reduce stress, increase resilience and wellness and have fun all at the same time!



Understanding your team

- Wellness initiative scoping surveys
- Wellbeing and happiness surveys
- Mental health snapshots surveys



Your Wellbeing Matters

The Wellbeing Matters online platform provides your people with wellbeing information all in one place including latest research and trends, articles, challenges, worksheets and tips and tricks.



Wellbeing workshops

- Wellbeing strategies for mental health
- Wellbeing champion training
- Communication training
- 1 hour topic talks



Wellness events

- Team building
- Keynotes
- Ice breakers
- Wellbeing days

**Call us now on
03 374 6465**

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