

Wellbeing Manager Programme

Increase profitability through increased wellbeing

Three key pillars underpin all we do: **Insights**, **Accountability** and **Support**. If you understand where you are currently and where you want to go, you can achieve great things.

Having a positive impact is embedded into how we operate; so much so that we are extremely proud to be the only UK based workplace wellbeing organisation **certified as a B Corporation**. As part of a global movement of **4,800 purpose-driven businesses** we ensure that we measure impact so we can ensure you see a return on investment of between 5:1 and 11:1 on our wellbeing programmes.

All our programmes factor in the 4 areas of wellbeing:



PHYSICAL



MENTAL



EMOTIONAL



SPIRITUAL



On a Business Level...

We gather insights and understand how the culture is impacting the profitability of your business. Clear ROI is essential in everything we do.

On a Team Level...

You want teams that work. Work together, work well and work productively. We will support team dynamics and culture development to improve the wellbeing across your diverse teams.

On an Individual Level...

Every individual in your business is unique so we provide programmes that are entirely tailored to their needs.

Insights

Basic business stress audit
Basic business stress audit inc micro-interviews
Stress calculator
Quarterly individual wellbeing assessment and tailored self-care advice
Wellbeing policy review
Team engagement profiling
Team personality profiling

Essentials	Pro-Active	Premium
INCLUDED	INCLUDED	INCLUDED
Add on	INCLUDED	INCLUDED
INCLUDED	INCLUDED	INCLUDED
INCLUDED	INCLUDED	INCLUDED
Add on	Add on	INCLUDED
Add on	INCLUDED	INCLUDED
Add on	Add on	INCLUDED

Accountability

Write your wellbeing strategy workshop
Business accountability review quarterly
Team accountability review quarterly
In-house buddy programme management

Essentials	Pro-Active	Premium
INCLUDED	INCLUDED	INCLUDED
Add on	INCLUDED	INCLUDED
Add on	Add on	INCLUDED
Add on	Add on	INCLUDED

Support

Quarterly group movement session
Monthly group movement session
Quarterly workplace wellbeing workshop
Monthly workplace wellbeing workshops
The BE:DO Academy membership for each team member
Online meditation resources
Online physical wellbeing resources
Monthly wellbeing newsletters curated and sent
Management of wellbeing@ inbox for team support
Career and Wellbeing Coaching: Email
Career and Wellbeing Coaching: Phone/Skype
Quarterly nutrition and physical health review and reset

Essentials	Pro-Active	Premium
Add on	INCLUDED	X
Add on	Add on	INCLUDED
INCLUDED	INCLUDED	X
Add on	Add on	INCLUDED
Add on	Add on	INCLUDED
Add on	INCLUDED	INCLUDED
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Add on	Add on	Add on
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Add on	Add on	Add on

Mental Health First Aider support

Support after an MHFA intervention
6 monthly audit on MHFA programme
Quarterly audits on the MHFA programme

INCLUDED	INCLUDED	INCLUDED
Add on	INCLUDED	INCLUDED
Add on	Add on	INCLUDED

*Varying discount levels available for mental health training across levels

We don't need to tell you how important looking after the wellbeing of your team is; you've seen and felt the impact of them struggling.



We also know that managing the team's wellbeing is hard when it's not your day job. We are here to make it easy. Rather than hiring a Wellbeing Manager, you simply pay for what you need and we guide you through the whole process. We become your Wellbeing Manager.

We find out how your team are doing through our diagnostic tools, we help develop the right strategic approach, we implement the necessary education and support programmes on an individual, team and business level, all whilst monitoring the ROI of the programme.

And best of all, we take all the admin off your hands and look after you too!

We work with some great companies:

