

We're here to energise people, places and cultures.
We're award-winning health and wellbeing experts that bring together innovative tech and health programmes that are backed by behaviour change science and elite sport.

Consultancy Services

We offer expert consultancy to help organisations design and implement effective wellbeing strategies:

- **DISCOVERY REPORT**

Gain a real-time snapshot of your organisation's health through a comprehensive survey and benchmarking data.

- **STRATEGIC ADVISORY**

Leverage our data-driven insights and behaviour science expertise to formulate personalised health strategies.

- **ONGOING SUPPORT**

Benefit from a dedicated client manager who helps monitor progress, communicate impact, and demonstrate ROI.



Mindset Workshops

Our CPD-accredited workshops empower individuals to prioritise their mental, physical, social, and financial health. With over 70 sessions available, we cover diverse topics, including:

- **MENTAL HEALTH**

Managing stress, building resilience, and coping with change.

- **PHYSICAL HEALTH**

Sleep improvement, nutrition awareness, and fitness fundamentals.

- **SOCIAL HEALTH**

Fostering connection, combatting loneliness, and creating inclusive communities.

- **FINANCIAL WELLBEING**

Budgeting, saving, and planning for a secure financial future.



Health Screening Services

Our health screenings support individual awareness and proactive health management:

- **COMPREHENSIVE ASSESSMENTS**

Measure key metrics such as blood pressure, cholesterol, glucose, and more.

- **EXECUTIVE HEALTH CHECKS**

Tailored assessments to meet the needs of senior staff.

- **ON-SITE EVALUATIONS**

Includes workstation posture evaluations and targeted health initiatives.



Leadership & Champion Training

Equip your teams with the knowledge and tools they need to lead and inspire healthier workplaces:

- **WELLBEING MANAGER TRAINING**

One-day CPD-accredited course providing managers with skills to support their teams effectively during high-demand periods and organisational change.

- **WELLBEING CHAMPIONS TRAINING**

Empower enthusiastic employees to foster a positive and supportive workplace culture through our one-day CPD-accredited programme.

- **MENTAL HEALTH CHAMPIONS TRAINING**

Build a network of mental health advocates trained to identify issues, offer peer support, and promote resilience and growth.

- **CPD ACCREDITED**

Our entire mindset programme has been CPD accredited!

