

Precision Health Programming

Award Winning Health Experts



We support teams with

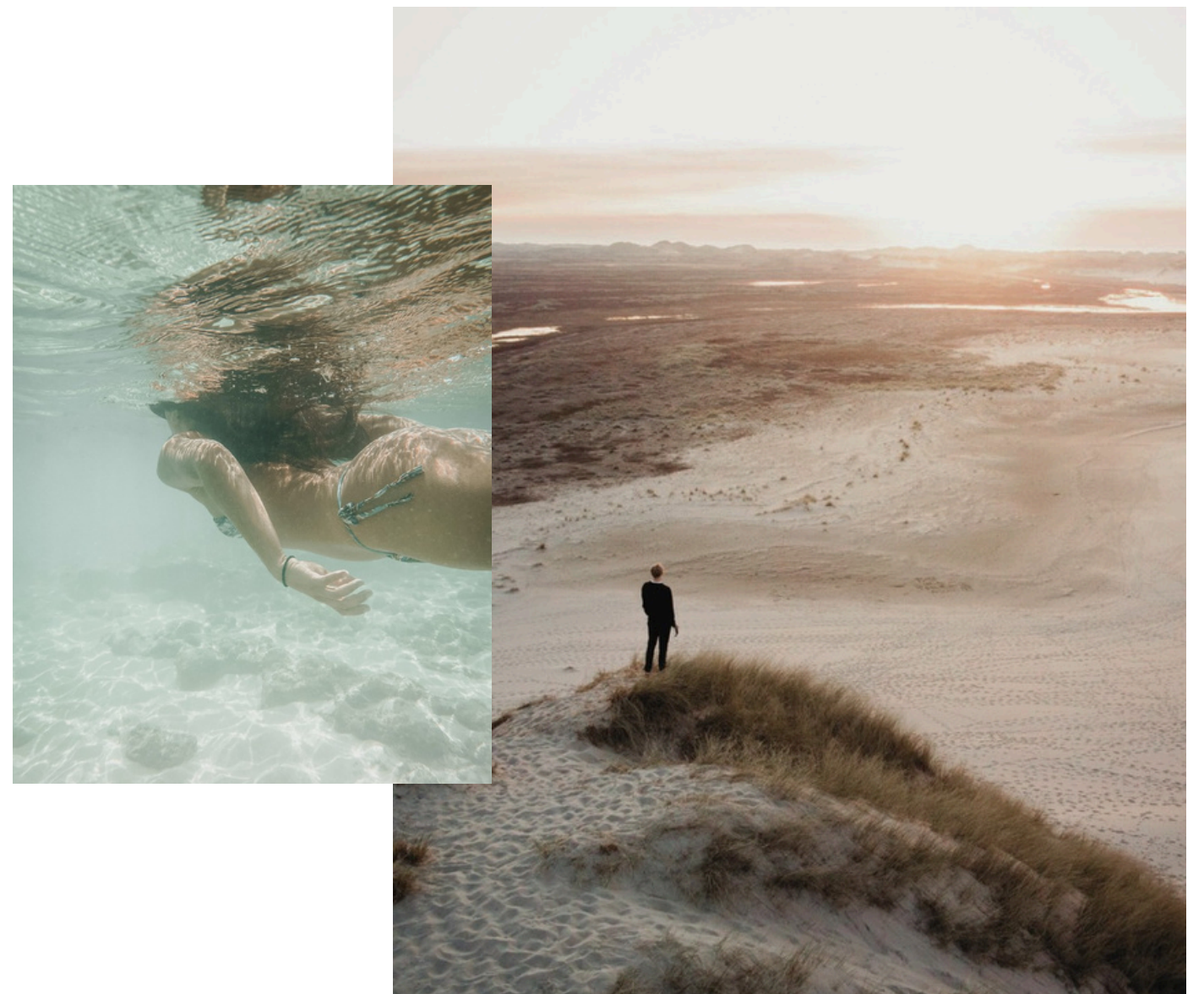
PROACTIVE HEALTH

Science-led. Human-first.





As award-winning health and wellbeing specialists, we bring together personalised health services with evidence-based education programmes, backed by behaviour change science and elite sport.



Happy People. Healthy Business.

We design personalised wellbeing strategies, then work with you to deliver them throughout your entire organisation – always focusing on what matters; people.



Recruitment

Your proposition for recruitment now needs to have a compelling wellbeing offer. We help you define this.



Engagement

We help you by using wellbeing programmes to drive engagement, and keep your people energised.



Retention

We create places where people want to work. We design personalised wellbeing strategies that look after your people.



Don't just take our word

“The team have stood out the most. It is clear that everyone in the organisation really believes in their cause, driving wellbeing across all industries and educating people at the same time. They are always willing to listen and answer any questions (in a group or privately), I know I have learned so much already and I am excited to see what our future as a partner holds!”



CM.

Backed By Elite Sport

Our services are rooted in elite sport, research and innovation. Our work is scientifically validated by leading universities.

81%

Positive impact on business and employee culture

82%

Positive impact on productivity and engagement



Sheffield Hallam University | Advanced Wellbeing Research Centre



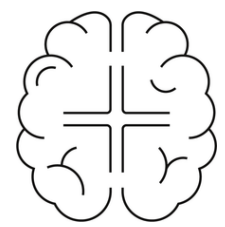
Don't just take our word

“The team at Inspired Villages have enjoyed great open and honest webinars on men's health, menopause as well as mental resilience, dealing with uncertainty, the power of breath and more. They are all very engaging, informative, and educational.”

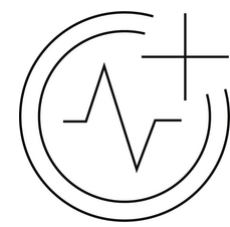


A New Perspective on Health and Wellbeing

Backed by behavioural science, elite sport and health psychology, we take a holistic approach to energising people. Health is interconnected and crosses four pillars – mental, physical, financial and societal health.



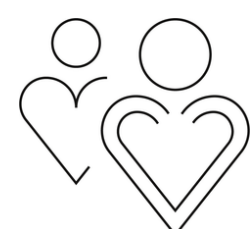
Mental
Health



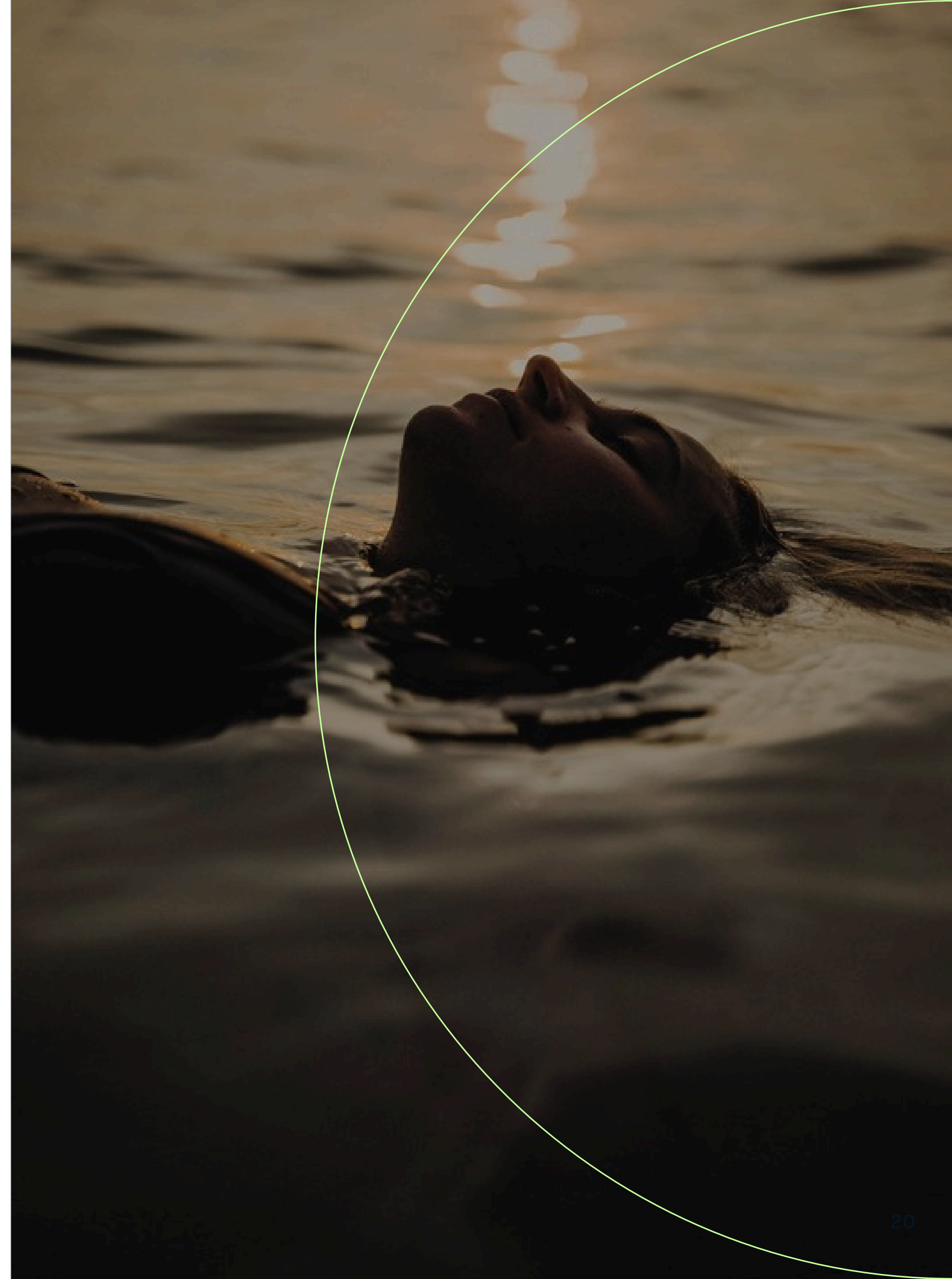
Physical
Health



Financial
Health



Social
Health



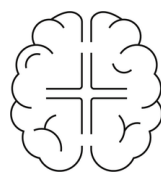
BLENDING IN-PERSON AND VIRTUAL

Programmes

Health Seminars & Workshops



CPD ACCREDITED
Our entire mindset programme
has been third party verified



Mental health

LEVEL 1

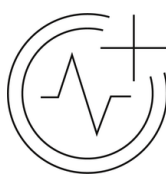
- Introduction to Wellbeing
- Mental Health Awareness
- Positive Mindset
- Better Sleep
- Understanding Stress
- Winter Wellbeing

LEVEL 2

- Brain Health
- Power of the Breath
- Positive Psychology
- Food & Mood
- Movement for Mood
- Harmonising the Digital Landscape

LEVEL 3

- Managing Anxiety
- Alleviating Depression
- Overcoming Imposter Syndrome
- Peri-Menopause Awareness
- Post-Pandemic Resilience
- Seasonal Affective Disorder



Physical health

LEVEL 1

- Understanding Nutrition
- Back & Joint Care
- Weight Management
- Healthy Hydration
- Heart Health
- Work-based Posture

LEVEL 2

- Men’s Health
- Women’s Health
- Vegan & Vegetarian Diets
- Posture
- Gut Health
- De-desking Yoga

LEVEL 3

- Active Ageing
- Diet & Sleep
- Health Boosting Immunity
- Performance Nutrition
- Posture as we Age
- Skin Health



Social health

LEVEL 1

- Self Care
- Building Resilience
- Maximising Energy
- Connecting to Nature
- Alcohol Awareness
- Activating our Awareness

LEVEL 2

- Living in Autopilot
- Unhelpful Thinking Styles Behaviour Change
- Wellbeing when Hybrid Working Managing
- Re-Entry Anxiety Maintaining Purpose

LEVEL 3

- Social Cohesion
- Living with Grief
- Power of Community
- Introduction to NLP
- Combatting Loneliness
- Staying Connected



Financial health

LEVEL 1

- Getting Started
- Changing Circumstances
- New-Found Flexibilities
- Money & Mindset
- Graduate Introduction
- Renewed Opportunities

LEVEL 2

- Getting on the Property Ladder
- The Fundamentals of Investing
- Planning for Financial Security
- Financial Resilience
- Spending and Saving

LEVEL 3

- Money & Mental Health
- Advanced Planning for Financial Security – Retirement
- Advanced Planning for Financial Security – Investments
- Financial Stress-Free Festivities
- Planning for Financial Security
- Bespoke*

Education & Empowerment

At Health Labs HQ, we provide a range of engaging educational sessions tailored to suit your needs. Whether you're looking for a quick overview or an in-depth learning experience, we have you covered.

WEBINARS 15-30 MINS	SEMINARS 30-60 MINS	WORKSHOPS 60-90 MINS	TRAINING DAYS HALF / FULL DAY
Live or pre-recorded	Live in-person	Digital or in-person	Digital or in-person
Lecture-based presentation	Lecture-based presentation	Interactive & immersive	Interactive & immersive
Conducted online	Q&A to finish	Discussions throughout	Discussions throughout
<100 participants	<100 participants	<16 participants	<16 participants
Q&A to finish	Direct access to speaker	Hands on learning	Comprehensive learning experience
Inner office connectivity	Information dissemination	Customisation & flexibility	Skill development
Information dissemination			Networking & collaboration



CPD ACCREDITED
Our entire mindset programme
has been third party verified



Wellbeing Manager Training

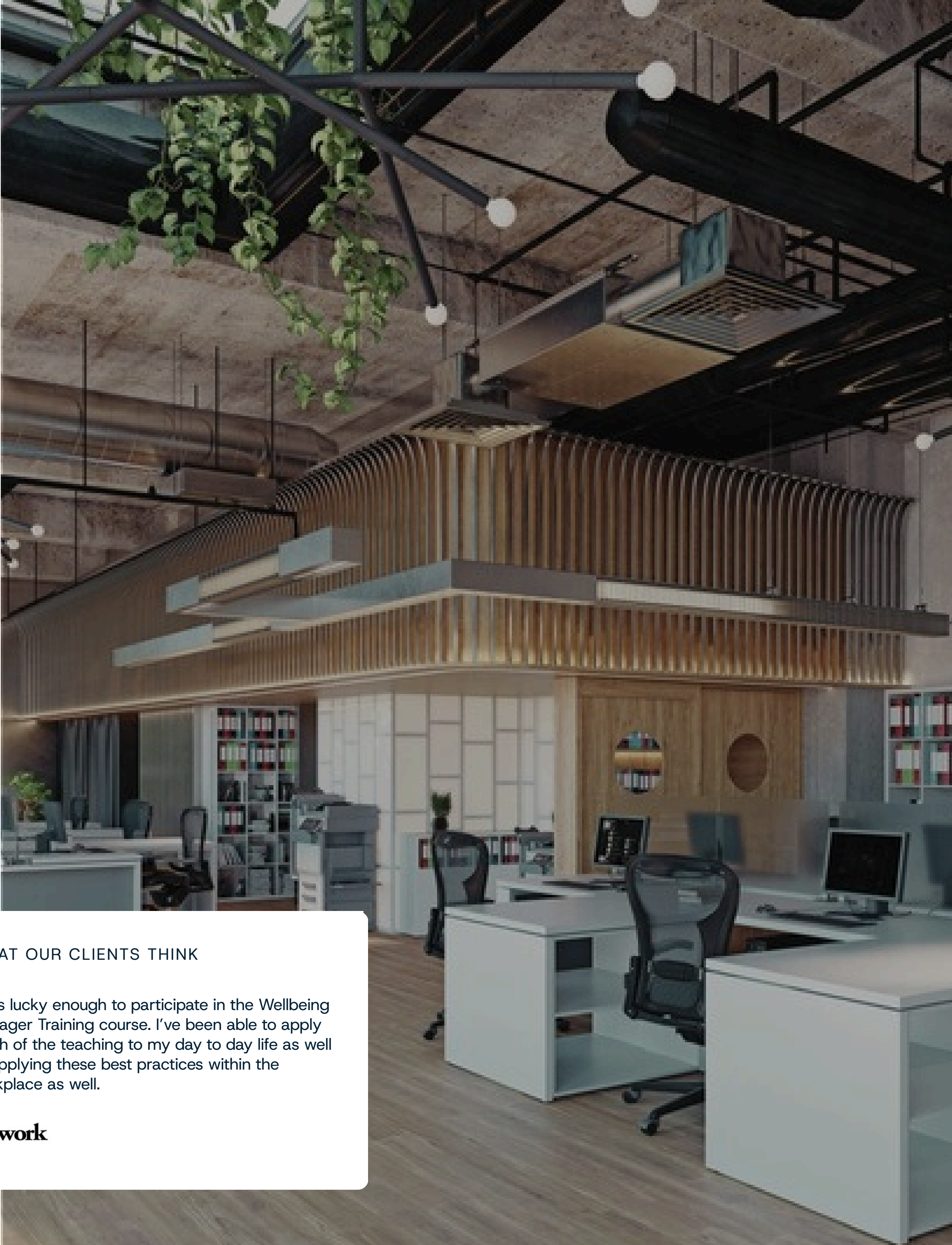
Our CPD accredited Manager training is a one-day course which provides managers with the knowledge and practical skills to support their teams in becoming healthier, happier and more productive in times of high demand and **organisational ch**

Course content includes—

- | | |
|--|-------------------------------------|
| Building Resilience | Engaging in Sensitive Conversations |
| Understanding Stress | Signposting Opportunities |
| Mental Health Basics | Behaviour Change |
| Identifying the Signs of Mental Ill Health | Coaching |
| Roles & Responsibilities | |



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WHAT OUR CLIENTS THINK

“ I was lucky enough to participate in the Wellbeing Manager Training course. I’ve been able to apply much of the teaching to my day to day life as well as applying these best practices within the workplace as well.

wework

Mental Health Champions Training

We offer comprehensive CPD accredited Mental Health Champions Training for selected staff. This programme equips you with essential skills and knowledge to identify and address mental health issues, support peers, and foster a positive workplace environment.

Course content includes—

- | | |
|---|--|
| The Mental Health Landscape | Signposting Opportunities |
| Identifying Signs of Mental Ill Health | Mind-Body Connection |
| Roles and Responsibilities Develop skills to perform active listening | Growth mindset and Positive Psychology |
| Peer support and social networks | Behaviour Change Coaching |



CPD ACCREDITED
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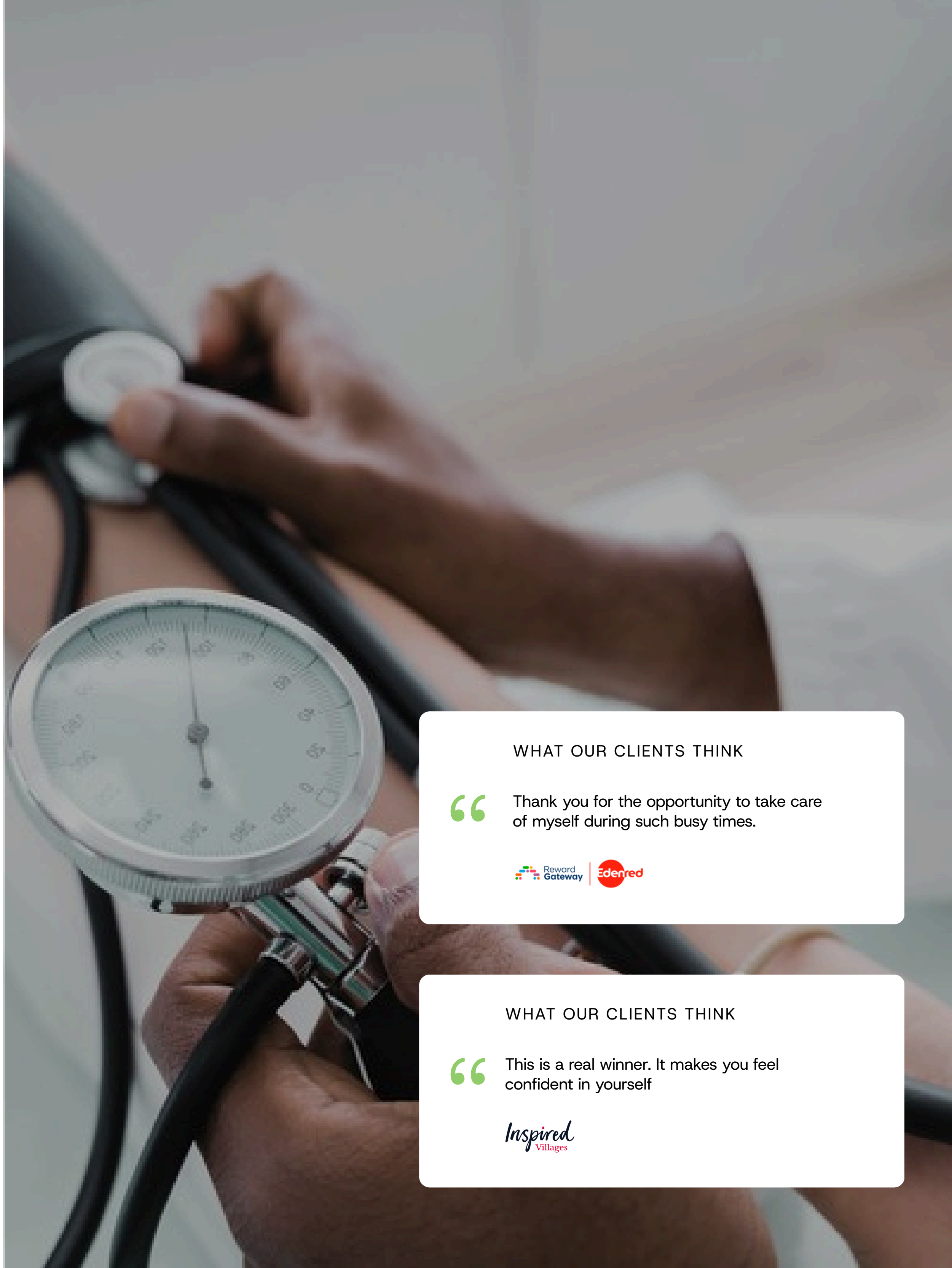
Personal Health Assessments

Health Labs HQ can deliver in-person health assessments to support awareness and measurement of biometrics; blood pressure, cholesterol, oxygen saturation and weight wellbeing in your organisation.

Health Assessment days provide employees with the opportunity to complete a 1:1 health and wellbeing assessment with a trained health practitioner. We offer four levels of assessment, each including a breakdown of the results:

HEALTHY HEART	DIABETES CHECK	ESSENTIAL HEALTH CHECK	EXECUTIVE SCREENING
15 mins appointment	15 mins appointment	30 mins appointment	90 mins appointment
WELLBEING 121'S FULL DAY			
30 mins appointment			

See chart below for breakdown of services.



WHAT OUR CLIENTS THINK

“ Thank you for the opportunity to take care of myself during such busy times.



WHAT OUR CLIENTS THINK

“ This is a real winner. It makes you feel confident in yourself



Personal Health Assessments: What's Included

ASSESSMENT	HEALTHY HEART	DIABETES CHECK	ESSENTIAL HEALTH	EXECUTIVE SCREENING
HEIGHT		✓	✓	✓
WEIGHT		✓	✓	✓
BMI		✓	✓	✓
WAIST TO HIP RATIO		✓	✓	✓
RESTING HEART RATE	✓		✓	✓
BLOOD PRESSURE	✓		✓	✓
BLOOD OXYGEN	✓		✓	✓
BLOOD GLUCOSE		✓	✓	✓
TOTAL CHOLESTEROL	✓		✓	✓
VO2 MAX				✓
LUNG FUNCTION				✓
BODY FAT %				✓
BONE MASS				✓
LEAN MASS				✓
STRESS TEST				✓
SMART GOALS			✓	✓
BREAKDOWN OF RESULTS	✓	✓	✓	✓



BACKED BY SCIENCE

Blood tests

Blood tests

Most health decisions are based on how you feel. Blood testing is based on what is measurably true. A single clinically certified sample reveals objective data across the biomarkers that matter most – giving you the clarity to understand your health and the confidence to act on it.

At Health Labs HQ, we provide complete confidence in every test through UKAS-accredited laboratory analysis, secure end-to-end handling from collection to reporting, and clear, evidence-based results delivered digitally.

Sample kits cover blood analysis of—

- CORE HEALTH

PERFORMANCE RECOVERY
- FEMALE HEALTH

TARGETED TESTING
- LONGEVITY

THYROID HEALTH
- MALE HEALTH

COMPREHENSIVE SIGNATURE TESTS
- NUTRITIONAL HEALTH



PERFORMANCE, DECODED.

Psychometrics

Psychometrics

Personality and behavioural profiling to reveal communication styles, leadership strengths, motivations, and decision-making patterns.

Performance starts with self-awareness, and self-awareness starts with the right tools. Two evidence-led psychometric assessments, Insights Discovery® and The Quest Profiler®, decode how you sustain performance and what drives it. Designed for leaders, founders and high performers. Delivered as your personalised Protocol.

Why HLHQ does it differently

TWO LENSES, NOT ONE

Most providers offer one psychometric. We pair Insights Discovery with The Quest Profiler, because no single tool tells the whole story.

DECODED, NOT JUST DELIVERED.

A report on its own is a snapshot. A debrief with a qualified practitioner turns it into a Protocol you'll use.

LIFESTYLE CONTEXT, NOT CORPORATE.

Where most psychometrics live in HR portals and inductions, ours sit inside a whole-person, whole-life framework.

BUILT FOR PERFORMANCE, NOT JUST AWARENESS.

Self-knowledge is the start. Sustained performance is the goal. The long game, played properly.



PERSONALISED

Labs

Labs

Health Labs HQ delivers personalised programmes combining advanced diagnostics, science-based learning, expert coaching, and peer support. Each Lab targets key areas such as sleep, nutrition, and resilience to unlock measurable gains in performance and wellbeing.

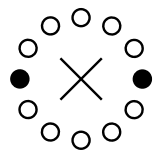
The Labs are where the science gets personal. Every Lab begins with a personalised induction and Lab-specific diagnostics: a period of self-discovery that makes everything that follows hyper-personalised to you.

From there: evidence-based education, optional 1:1 coaching, and a peer network of people serious about how they live, all decoded into your personal Protocol. From sleep to resilience, leadership to longevity, every Lab is built for the long game.

See chart below for breakdown of labs.



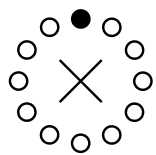
Labs



Sleep Labs

For recovery, cognitive clarity, and the energy that follows.

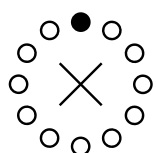
- Sleep architecture and personal patterns
- Behaviour change for sleep and circadian rhythms
- Practical tools for long-term performance



C Labs

For senior directors. Confidential, considered.

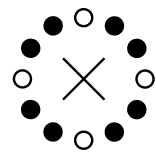
- Leadership identity, capacity and purpose
- Wellbeing, resilience and decision-making
- Performance in high-stakes environments



Women's Labs

For women, at every stage of life.

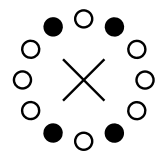
- Female physiology and psychology
- Identity, purpose and life transitions
- Career, life balance and wellbeing



Nutrition Labs

For the energy, focus and longevity that food makes possible.

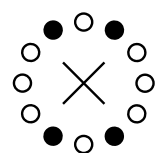
- Personal dietary patterns and needs
- Evidence-based behaviour change for nutrition
- Real-world strategies for busy lives



Resilience Labs

For the stress, uncertainty and pressure life keeps delivering.

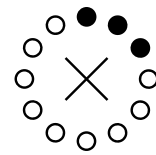
- Personal stress map and recovery profile
- Adaptive performance under pressure
- Behaviour change for the long game



Entrepreneur Labs

For founders and SME leaders building without burning out.

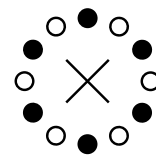
- Founder identity, purpose and performance
- AI readiness and transformation strategy
- A high-value, invite-only peer community of founders and CEOs



Men's Labs

For men, on health, performance and the life around it.

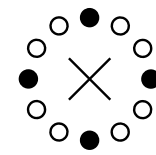
- Physical, psychological and relational wellbeing
- Identity, purpose and male performance
- Mental health for the modern man



Movement Labs

For making movement work in your life, not your calendar.

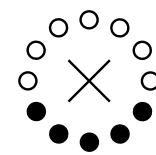
- Mobility, fitness and activity baseline
- Athletic mindset and identity-based habits
- Movement for performance and longevity



Reset Labs

For recalibration, recovery and getting back to your edge.

- Stress load and nervous system recovery
- Burnout signals and behaviour change
- Sustainable rhythms for the long game



Happiness Labs

For mood, meaning and the science of wellbeing.

- Personal drivers of happiness, meaning and purpose
- Identity-based goal setting and behaviour change
- Mood, connection and fulfilment in daily life

PERFORMANCE

Consultancy

Consultancy

Most consultancies sell advice.
We sell performance.

Performance consultancy at the intersection of business strategy, leadership, health psychology and AI. For founders and organisations focused on outcomes.

Why HLHQ does it differently

PERFORMANCE, NOT ADVICE.

Most consultancies stop at recommendations. We start there.

WHOLE-PERSON, NOT SINGLE-DOMAIN.

Organisations are people.
We work with both at once.

A TRINITY, NOT A SINGLE DISCIPLINE.

Business leadership, health + performance psychology and AI enablement in one practice.

CONSIDERED, NOT CORPORATE.

Every organisation is different. Every engagement, hyper-personalised to yours.

See chart below for breakdown of our four pillars.



Consultancy

Our four pillars

Strategy Decoded

Commercial and business strategy for founders, CEOs and boards.

- Board and strategic advisory
- Commercial strategy and growth
- People and performance culture
- Scale-up and exit readiness
- Start-up and scale-up mentorship

Leadership Decoded

1:1 coaching and therapy for senior leaders.

- 1:1 executive coaching and therapy
- Psychometric-led leadership development
- Decision-making and communication
- Confidential, ongoing partnership

Organisations Decoded

Organisational health strategy. Whole-person, evidence-led.

- Preventative health strategy
- Whole-person health: mental, physical, social, financial
- Behaviour change science
- Strategy and intervention formulation
- Health programmes for organisations

AI Decoded

AI strategy, training and tool-building.

- AI leadership advisory and transformation strategy
- Team and manager AI training
- 1:1 AI training for senior leaders
- Bespoke AI tool development



KNOWLEDGE IN ACTION

Dr Joe

Dr Joe Gaunt

Health psychologist. Therapist. Operator. Founder. Father. Working at the intersection of business strategy, leadership, health psychology and AI.

A doctoral researcher, trained therapist and operator who has led businesses worth billions, Joe's working life has been spent at the intersection of human performance, behaviour and decision-making. Whether the question is psychological, commercial or technological, his answers tend to start in the same place: with the human at the centre of it.

He's a husband, a father of four, and a lifelong learner (currently trying to learn Brazilian Jiu-Jitsu). Behaviour change, high-performance behaviours, purpose, identity, helping others, the threads that run through his work and his life. Performance, he believes, is a human pursuit. His is no different.

Why Dr Joe [→](#)



Why Dr Joe

Most advisors operate in one domain. A few span two. Few have built credible depth across business strategy, leadership, health psychology and AI in one practice.

Joe has. He understands that health, leadership and decision-making are inseparable. Healthy people with strong mindsets make better decisions. Strong leaders build cultures where those decisions happen by design.

Strategy without people fails. Leadership without commercial reality stalls. Performance without psychology rarely lasts. And no decision in 2026 is untouched by AI.

The intersection is where the work is. Joe's been working there for years.

Credentials, specialisms & speaking topics



Dr Joe

Credentials

Doctor of Health Psychology (DHealthPsych)

Three-time leader of multi-billion-dollar valuation companies, with a \$200m private equity exit

16 years as director, 12 years advising start-ups and scale-ups

International experience across the UK, US, Asia, Australia and Europe

Published author in The Palgrave Handbook of Consultancy in Health Psychology

Advisor: MIT, Leeds University Business School, Virgin Start Up, Sheffield Hallam Advanced Wellbeing Research Centre

Great British Entrepreneur Winner, Health & Wellbeing

Specialisms

Trained across the five core competencies of health psychology:

- Consultancy
- Behaviour change intervention design
- Teaching and training
- Professional skills
- Research

Therapy modalities:

- Cognitive Behavioural Therapy (CBT)
- Solution-Focused Therapy
- Motivational Interviewing
- Positive Psychology
- Socratic Questioning

Research focus areas:

- Purpose and identity architecture in leaders
- Men's health and mental health for fathers in leadership
- Athletic mindset and life transitions
- AI applications in mental health and wellbeing

Research & Publications

Evaluation: Improving Employee Health and Wellbeing. Published chapter in The Palgrave Handbook of Consultancy in Health Psychology (Palgrave Macmillan, 2025).

Applications and Effectiveness of Generative AI in Supporting Mental Wellbeing. Systematic review submitted for publication, 2025.

Decoding Men's Health: Proactive Development and Wellbeing in Midlife Working Fathers. Submitted for publication, 2025.

Uplifting Identity: Fitness Activities, Identity and Purpose in Gen Z and Millennials. Submitted for publication, 2025.

Athletic Mindset and Life Purpose / Transitions. Master's thesis with Distinction, 2021.

Speaking Topics

Behaviour Change. From the fundamentals of psychology and neurology, through to advanced psychotherapy-based techniques for embedded change.

Finding Purpose and Identity. Self, values, and the path to clarity in uncertain times.

Men's Health. Psychological, physical and social wellbeing for the modern man.

The High Performance Toolkit. Insights, tools and lived practice from sport, leadership and business.

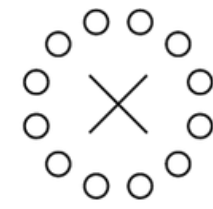
The Healthy Leader. Sustained performance and balance, in and out of the workplace.

Why Dr Joe

“Joe is a leader who's walked the walk at the highest level of business, married to academic rigour. A rare combination, and Joe's style fuses the two perfectly. His understanding of strategic AI for real business impact also stands out. Not theoretical, applied. As a CEO, having that level of strategic thinking and support around you is rare.”

Jay Worthy, CEO





HEALTH LABS HQ

Precision People Programmes designed for personalised impact.

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HEALTHLABSHQ.COM