



CREATING HEALTHY WORKFORCES



TOTAL WELLNESS



1 TO 1



WORKSHOPS



ONLINE

WHY WELLBEING

80% of employees agree that a company's wellness offering will be crucial in recruiting and retaining them within the next 10 years.

[CBRE 2016]

EMPLOYEE ENGAGEMENT

INCREASE | **ENHANCED**
EMPLOYEE PRODUCTIVITY | STAFF LOYALTY AND MORALE
+
BOOST
ACQUISITION AND RETENTION OF QUALITY EMPLOYEES

RETURN ON INVESTMENT

IMPROVE

ENERGY LEVELS
THROUGHOUT THE BUSINESS
EMPLOYEE HEALTH
AND WELLBEING



“ *ENGAGED EMPLOYEES
GIVE THEIR DISCRETIONARY EFFORT
AND GO ABOVE AND BEYOND* ”

50%

TRY HARDER
[CLC]

87%

LESS LIKELY TO LEAVE
[GALLUP]



20%

PERFORM BETTER
[CLC]

37%

HAVE FEWER SICK DAYS
[GALLUP]

COMPANIES

80%

ARE FAVORED FOR
RECRUITING &
RETAINING TALENT
[CBRE]

53%

INCREASE IN BETTER
CUSTOMER SERVICE
[MACLEOD]



**FOR EVERY €1 INVESTED IN
WELLNESS, €6 IS GAINED**

[Unilever]

“

**95% of illness is
lifestyle related,
and therefore
preventable.**

[CDC]

”

The wellness and well-being industry has traditionally focused on assessing the impact of programs on lowering specific health risks (smoking, stress, and weight, for example) with little acknowledgment of the interplay between those risks and how, taken together, they provide a more relevant definition of well-being and a more accurate reflection of value.

[Harvard Business Review]

WITHOUT WELLBEING

Wellness isn't just about physical fitness. Depression and stress, in particular, have proved to be major sources of lost productivity. Lost productivity costs are 2.3 times higher than medical and pharmacy costs [HBR]

MENTAL HEALTH AND STRESS

450m

People globally suffer from mental illness
[Oxford Centre for Mindfulness]

59%

Said work is the cause of stress
[Global Wellness Institute (GWI)]



40%

Need help in managing mental wellbeing
[Robertson Cooper]



22.7%

Globally suffer with mental and behavioural disorders
[WHO]

80%

Feel stressed at work
[WHO]

49%

Of all working days lost are due to stress
[HSE 2018]

15.4m

Working days loss due to stress, depression and anxiety
[HSE 2018]



The cost of absenteeism, presenteeism and turnover equates to £1,250 per employee per annum.

[Deloitte, 2019]

COST OF ILL HEALTH

£312,500 - £375,000
ESTIMATED LOSS

Annually due to sickness absence average sized firm with 250 employees in London
[Deloitte]



£15bn

Annual cost of long-term physical illness
[HSE 2018]



£65bn

LOSS IN PRODUCTIVITY
ACROSS THE UK EACH YEAR
[Gallup]

\$150bn

Cost of stress
[Robertson Cooper]

TOTAL WELLNESS SOLUTIONS

PEP TALKS	POP PLANS
<p>Practical Engaging Performance-Enhancing (PEP) Talks for All Employees</p>	<p>Personalised Optimal Performance (POP) Plans For Senior Leaders</p>
<h3>BENEFITS</h3>	
<p>Educate, Engage, and Empower:</p> <ul style="list-style-type: none"> • Face to face as well as online versions of talks, which means that employees can participate at any time, regardless of their location • Prevention and lifestyle optimisation 	<p>Fast track mental performance:</p> <ul style="list-style-type: none"> • Stress + DNA Testing + Vitamin Infusions • 4 Clinician Consults • Health & Executive Coaching • App-based mood, movement, nutrition + sleep tracking
<h3>INVESTMENT</h3>	
<ul style="list-style-type: none"> • £1000 per talk • £2000 per talk including webinar • £5,500 for 6 talks across 12 months • £8,500 for 6 talks including webinars 	<p>Starts at £6,995 pp</p>
<h3>ADDITIONAL SERVICES</h3>	
<ul style="list-style-type: none"> • Executive Coaching • Health Coaching • Massage + Physiotherapy • Pilates + Yoga 	<ul style="list-style-type: none"> • Wellness Retreats • Wellness Consulting • Catering Review • Space Optimisation
<h3>BRAND PARTNERS</h3>	
<ul style="list-style-type: none"> • Heart Math • Invivo Clinical • Meditate and Mingle • One Year No Beer 	<ul style="list-style-type: none"> • Oura Ring • Pulse Centers (PEMF) • Pure Sports Medicine • SugaVida

We donate a share of each corporate package sold towards Functional Medicine diagnostics for those who could not otherwise afford them

MENU OF SERVICES

We provide bespoke services to support employee wellbeing

WELLNESS CONSULTING

Consulting services to assess current state and make suggestions for a more robust wellbeing program

CONTENT CREATION

- Resource Library
- Newsletters
- Ask the Expert

SPEAKER SERIES

Example topics in the Calendar

MONTHLY MEMBERSHIP

An online, integrative coaching service which all employees can access via a wellbeing portal and app

HEALTH SCREENING

- Functional Blood Test
- DNA Testing + Consultation

ONSITE WELLNESS

- 1:1 Health coaching
- 1:1 Executive coaching
- Physiotherapy
- GP Surgery

Price on asking

CALENDAR OF EVENTS

JANUARY Dry January / Veganuary PEP Talk 12 Steps	FEBRUARY Time to Talk / Heart Health Onsite Wellness Day	MARCH Nutrition & Hydration Week Ask the Expert
APRIL Stress Awareness Month PEP Talk Sleep Better, Stress Less	MAY Mental Health Awareness Onsite Wellness Day	JUNE Healthy Eating Week Ask the Expert
JULY Wimbledon Onsite Wellness Day	AUGUST Psoriasis Awareness Month Ask the Expert	SEPTEMBER National Fitness Day PEP Talk Smart Movement
OCTOBER World Mental Health Day Onsite Wellness Day	NOVEMBER Sugar Awareness Week PEP Talk Fuel Your Performance	DECEMBER Winter Wellness Ask the Expert

OUR APPROACH

Transforming the landscape of healthcare through modifiable lifestyle factors including mindset, rest, nutrition and smart movement, Well Works aims to create a culture of people who shift from surviving to thriving



RAEWYN GUERRERO, FOUNDER
Functional Medicine Health Coach • CBT Hypnotherapist

Raewyn is an experienced speaker, writer, CBT Hypnotherapist and Functional Medicine Certified Health Coach. She is also the Founder of Well Works, a virtual Functional Medicine practice based in London. Previously, Raewyn spent 5 years leading Health and Wellbeing at Barclays PLC.

Raewyn founded Well Works with a team of clinicians who share her vision of lifestyle optimisation, using cutting-edge diagnostics, supported by personalised nutrition and psychology to prevent chronic illness.

Graduating from Goldsmiths College in 2006, with an emphasis on Neuropsychology and

preventing age-related cognitive decline through food and exercise, she is committed to bringing the latest research on anti-aging and optimal health to impact individual and organisational wellbeing. Well Works aims to make the fields of integrative medicine, digital wellbeing and preventive healthcare accessible to everyone.



EMILIE WEST, BUSINESS DEVELOPMENT
Nutritional Therapist • Leadership Development

Emilie helps individuals and businesses achieve their goals through coaching, training and business consulting services across a range of areas including health and wellbeing, leadership, brand, image and emotional intelligence.

Emilie graduated from the Institute of Optimum

Nutrition in 2006. As a Nutritional Therapist she helps companies and individuals make a tangible difference to their health and resilience by practical changes, without compromising on their enjoyment of great food.

Emilie has 14 years Investment Banking

experience most recently heading up the Leadership Development and Wellbeing programmes for RBS Corporate & Institutional Banking, transforming leadership and wellbeing for 1000+ staff, where she was also Head of Personal Development for the RBS Women's Network.

DR NATHAN CURRAN



- Medical Doctor
- Genetics Expert
- Bioidentical Hormones Expert

DESPINA GIANNOPOULOU



- Institute of Functional Medicine Certified Practitioner
- Human Potential Coach
- Nutritional Therapist

PEP TALKS

12 STEPS

This session will illustrate how to:

- Assess your health now and identify areas you need to improve
- Set realistic healthy goals
- Use specific techniques to build your motivation and self-control
- How to transform your health and your diet over 12 weeks

SLEEP BETTER, STRESS LESS

In this session we will be sharing:

- The relationship between the brain & nervous system & circadian rhythms
- The importance of the Three Rs - Rest, Recovery and Relaxation, & the role they play in improving your energy & driving mental performance
- How to improve your sleep quality with quick daily practices to recharge when you are short on sleep

FUEL YOUR PERFORMANCE

In this session, we share:

- The simple rules around eating for health so that you always know what to eat and what to avoid
- How to easily build balanced meals for sustained energy and good health whatever your dietary preferences
- The 5 key lifestyle factors for health & quick & simple hacks to incorporate these into your daily routine

PSYCHOLOGY OF RESILIENCE

This workshop will outline:

- The biology of stress including the body's enteric nervous system
- The psychology underpinning resilience
- Practical strategies to manage a demanding corporate lifestyle through mindset and nutrition

SMART MOVEMENT

In this session, we cover:

- The six fundamental factors for energy
- What we can learn from the sports world to help us maintain maximum performance
- How to go from Couch Potato to Corporate Athlete in four weeks

SIMPLE HACKS FOR A YOUTHFUL MIND

In this session, we'll discuss:

- How our brains change over time
- Essential foods to slow down mental aging
- How building new neural connections can improve your memory and brain power
- Practical exercises to retrain your brain

OUR CLIENTS

“The greatest medicine in the world is to teach people how not to need it”
- Sushruta



Border Force



Rolls-Royce



KKR



wework



Best wellbeing talk I've attended so far.



Excellent and very insightful. Raewyn is clearly passionate about what she does and the science behind it is fascinating.



Very personable presenter who was hugely fluent in her subject. Very interesting session with plenty of good tips. I wish the session could have been longer.



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