

Corporate Wellness Programmes

Workplace Wellbeing That
Drives Performance



Welcome to Progress Health and Wellbeing



Modern organisations understand that performance is not just driven by strategy; it is driven by people.

At Progress Health and Wellbeing, we deliver workplace wellbeing solutions designed to strengthen workforce health, enhance resilience, and improve organisational performance.

Our programmes go beyond awareness sessions. We focus on sustainable behaviour change, measurable impact, and long-term cultural improvement.

If your organisation is looking to **reduce absenteeism, increase engagement, and build a healthier, more productive workforce**, you are in the right place.

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The Workplace Health Challenge



Today's workforce faces increasing pressures: high stress levels, sedentary work patterns, burnout risk, and rising lifestyle-related health concerns.

These challenges directly affect productivity, morale, retention, and overall business performance.

Reactive wellbeing initiatives are no longer enough. Organisations require structured, evidence-based strategies that support both individual health and organisational outcomes.

Workplace wellbeing must be strategic, measurable, and embedded into culture; not treated as a one-off intervention.

Key Benefits:

- Improve employee health and mental wellbeing
- Establish valuable employee benefits
- Drive engagement, morale, retention, and productivity

Who We Are



Progress Health and Wellbeing exists to help organisations create healthier, stronger, and more resilient teams.

We are a specialist health and performance provider delivering expert-led programmes in nutrition, physical activity, mental wellbeing, stress management, behavioural change, and leadership.

Our approach combines scientific knowledge with practical application, ensuring employees gain tools they can implement immediately.

We work with organisations that want more than a tick-box initiative. We partner with businesses committed to meaningful change, improving employee wellbeing while supporting operational performance and long-term growth.





1. We Focus on Performance Outcomes

Our programmes are designed to support measurable improvements in workforce health, engagement, and productivity, aligned to your organisational objectives.

2. Expert-Led, Evidence-Based Delivery

Our expert coaches combine evidence-based knowledge with practical strategies that drive real behaviour change. Not generic advice.

3. Tailored to Your Organisation

No two organisations are the same. We design bespoke programmes aligned to your workforce needs, industry demands, and business objectives.

4. Flexible Delivery Models

Our in-person, virtual, and hybrid models integrate seamlessly into your operational structure.

5. Meaningful Social Value

Where appropriate, our programmes can align with ESG and community wellbeing initiatives, supporting broader social impact goals while strengthening internal workforce health.

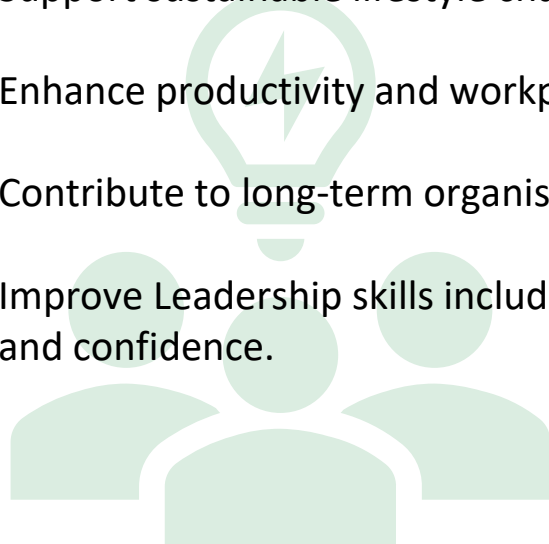




We provide structured, outcome-driven workplace wellbeing solutions that move beyond awareness and drive behavioural change.

Our services are designed to:

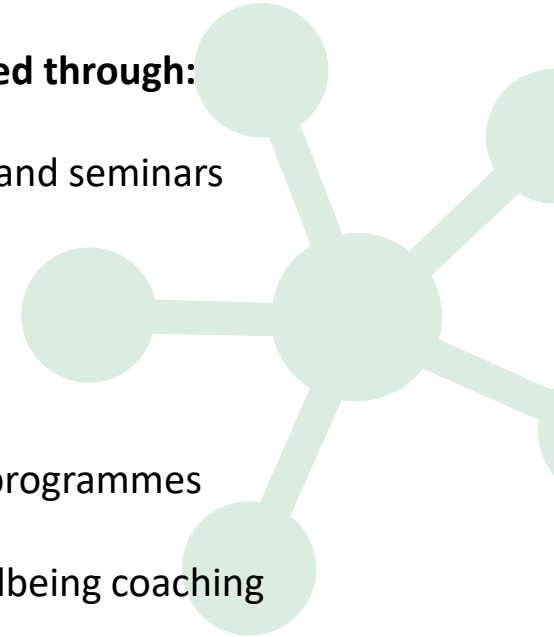
- Improve physical and mental wellbeing
- Strengthen resilience and stress management
- Support sustainable lifestyle change
- Enhance productivity and workplace culture
- Contribute to long-term organisational performance
- Improve Leadership skills including communication and confidence.



We understand operational constraints.

Our programmes are delivered through:

- On-site group workshops and seminars
- Virtual live sessions
- Hybrid delivery models
- Multi-session structured programmes
- One-to-one executive wellbeing coaching
- Ongoing wellbeing partnerships



All delivery models include interactive elements, practical tools, and follow-up resources to support continued impact.



Leadership Programme

Leadership Skills That Drive Performance



LEAD Forward: Leadership and Wellbeing Programme



Who is it for?

Lead Forward is a structured leadership development programme designed for current and emerging leaders who want to grow their confidence, capability, and impact. Delivered across five focused 2h-long sessions, covering strategic thinking, emotional intelligence, communication, people management, and resilience. It equips participants with the practical skills needed to lead effectively in today's workplace.

- ✓ Current and emerging leaders who want to strengthen their leadership capability, confidence, and impact.
- ✓ Ideal for organisations seeking to develop resilient, people-focused leadership across teams

Benefits:

- ✓ **Stronger Leadership Confidence:** Develop clarity in your leadership style and decision-making
- ✓ **Improved Communication & Influence:** Lead conversations with impact and build stronger team relationships
- ✓ **Enhanced Emotional Intelligence:** Understand and manage both your own and others' responses
- ✓ **Effective Team Management:** Motivate, support, and guide teams towards shared goals
- ✓ **Resilience & Adaptability:** Navigate change with confidence and composure



Sessions Included:

- **S01 - THINK:** Strategic Thinking & Decision-Making
- **S02 - FEEL:** Emotional Intelligence in Leadership
- **S03 - COMMUNICATE:** Influence & Impact
- **S04 - LEAD:** People Management & Development
- **S05 - SUSTAIN:** Resilience & Adaptability

Pricing on the next page

LEAD Flexible: Build-Your-Own Programme



Who is it for?

✓ Organisations wanting full flexibility to design the leadership training tailored to their workforce

Benefits:

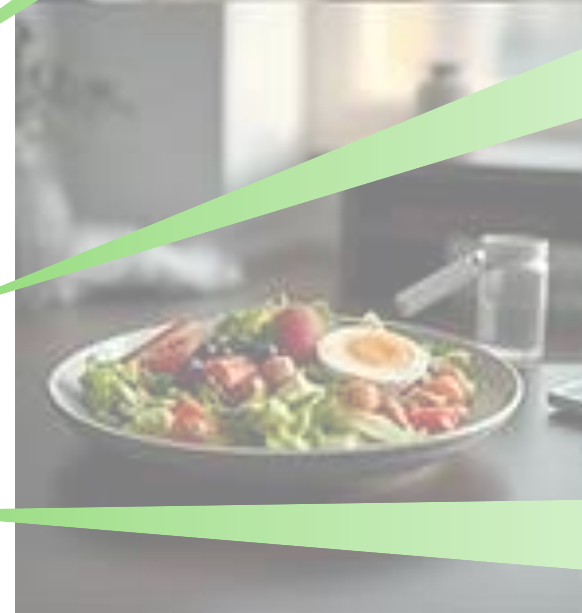
- ✓ Allows businesses to create a fully tailored programme aligned with staff needs and organisational goals or book the FULL programme.
- ✓ Option to Mix-and-match sessions

- LEAD Forward: Any one Session (1 Session)
- LEAD Forward: Any three Sessions (3 Sessions)
- LEAD Forward: Full Programme (5 Sessions)

Full list of Sessions
previous page



£400



£1000



£1500



Corporate Wellness Programmes

Workplace Wellbeing That Actually Works



Group Starter: Nutrition and Lifestyle Basics



Who is it for?

- ✓ SMEs or departments wanting a short, cost-effective wellness introduction
- ✓ Ideal for workplaces with limited budgets or trial programmes

Benefits:

- ✓ Ways to boost staff energy and productivity
- ✓ Reduces stress and improves morale
- ✓ Builds awareness around healthy daily habits

Sessions Included:

- S03 - Tackling Sedentary Lifestyle and Lone Working
- S12 - Mindful Eating & Nutrition
- S13 - Stress Management & Relaxation Techniques
- S15 - Healthy Sleep Habits and Improving Sleep Quality



£800

Group Starter: Physical Health & Energy Kickstart



Who is it for?

- ✓ Desk-based and sedentary teams (offices, call centres, admin)
- ✓ Companies looking to reduce long-term healthcare costs

Benefits:

- ✓ Increases daily movement and reduces health risks
- ✓ Supports employees with chronic condition prevention
- ✓ Boosts energy and workplace vitality

Sessions Included:

- S03 - Tackling Sedentary Lifestyle and Lone Working
- S04 - Physical Activity & Exercise in a Diverse Society
- S06 - Mental Health, Mindfulness and Stress
- S07 - Physical Activity and Health Condition Prevention



£800

Group Starter: Stress, Sleep and Mental Health



Who is it for?

- ✓ Corporate teams in high-stress industries
- ✓ Businesses undergoing organisational change, restructuring, or growth

Benefits:

- ✓ Builds resilience and adaptability in demanding environments
- ✓ Reduces absenteeism and burnout-related costs
- ✓ Enhances focus, energy, and overall workplace wellbeing

Sessions Included:

- S02 - Habits, Sleep and Health Blueprint
- S06 - Mental Health, Mindfulness & Stress
- S10 - Alternative methods of Supporting Lifestyle Change
- S13 - Stress Management and Relaxation Techniques



£800

Group Growth: Holistic Wellbeing Combo



Who is it for?

- ✓ Medium to large organisations aiming to reduce absenteeism and improve employee wellbeing.
- ✓ Companies with diverse workforces (gender, cultural backgrounds, and job roles) seeking inclusive health solutions.

Benefits:

- ✓ Comprehensive coverage of mind, body, and lifestyle
- ✓ Improves employee energy, focus, and overall wellbeing
- ✓ Supports workforce diversity and inclusion by addressing varied health needs (e.g., menopause, sedentary work, cultural nutrition)



Sessions Included:

- S02 - Habits, Sleep & Health Blueprint
- S04 - Physical Activity and Exercise in a diverse society
- S05 - Nutrition in Health Condition Prevention
- S07 - Physical Activity and Health Conditions Prevention
- S12 - Mindful Eating & Nutrition
- S13 - Stress Management & Relaxation Techniques
- S17 - Sustaining Wellbeing & Lifestyle Changes
- S08 - Hormones & Menopause or S03 - Tackling Sedentary Lifestyle

£1100



Group Premium: Total Wellbeing Transformation (Holistic Blend)

Who is it for?

- ✓ Large organisations seeking a complete corporate wellbeing programme for long-term cultural change
- ✓ Businesses in sectors with high absenteeism or sedentary roles

Benefits:

- ✓ A comprehensive, long-term wellbeing framework covering nutrition, movement, sleep, and mental health
- ✓ Reduces chronic health risks. Improves energy, resilience, and performance
- ✓ Equips with sustainable habits that extend beyond the workplace

Sessions Included:

- S02 - Habits, Sleep & Health Blueprint
- S03 - Tackling Sedentary Lifestyle and Lone Working
- S05 - Nutrition in Health Condition Prevention
- S06 - Mental Health, Mindfulness & Stress
- S07 - Physical Activity and Health Conditions Prevention
- S08 - Hormones and Menopause
- S09 - Fad Diets, Practical Solutions, Labels & Healthy Swaps
- S10 - Alternative Methods of Supporting Lifestyle Change (NLP)
- S12 - Mindful Eating and Nutrition
- S14 - Physical Activity and Exercise for Wellbeing
- S15 - Healthy Sleep Habits and Improving Sleep Quality
- S17 - Sustaining Wellbeing and Making Lifestyle Changes

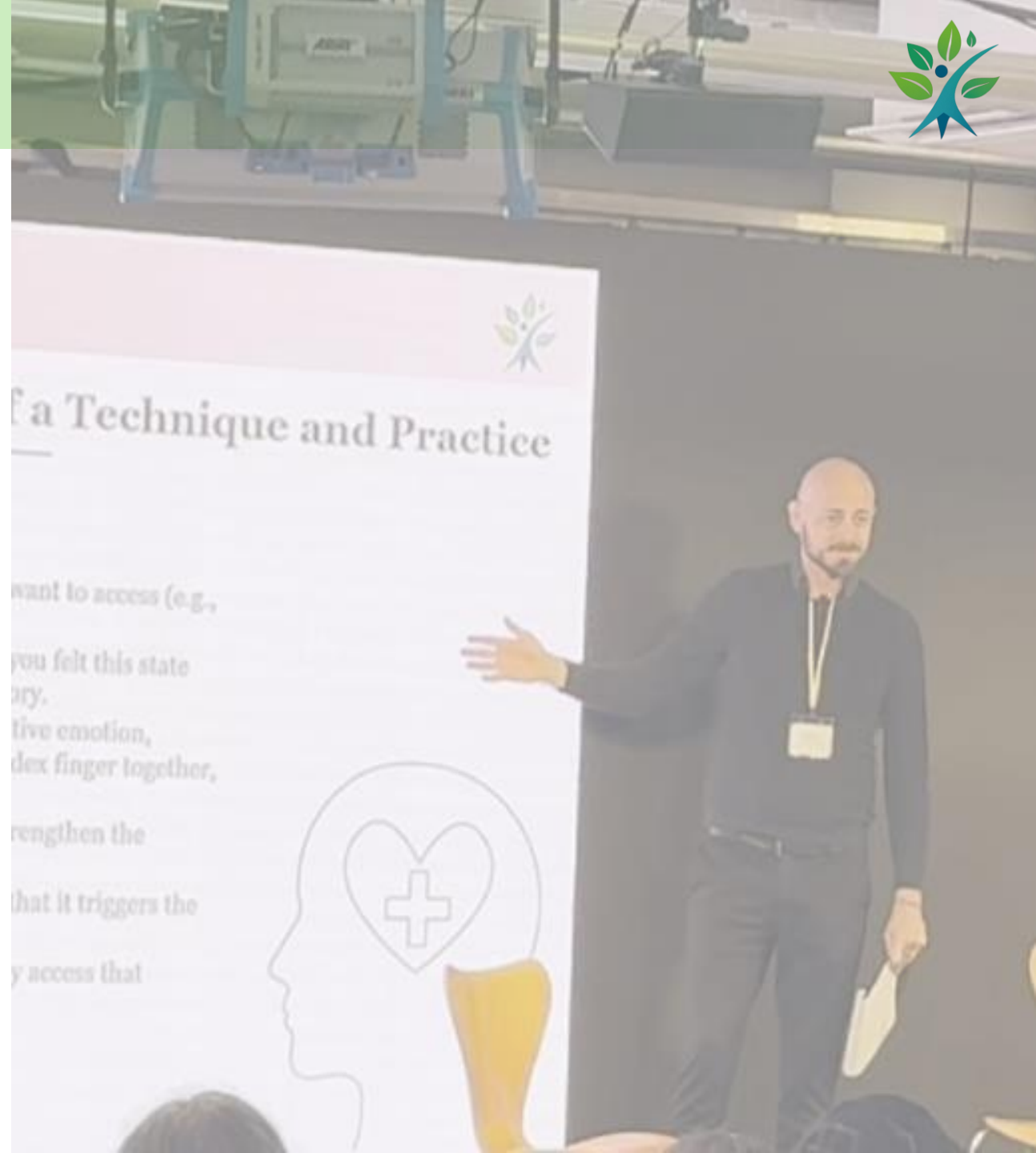


£1600



Other Corporate Services

Flexibility is Key





Group Flex: Build-Your-Own Programme

Who is it for?

✓ Organisations wanting full flexibility to design a wellbeing programme tailored to their workforce

Benefits:

✓ Allows businesses to create a fully tailored programme aligned with staff needs and organisational goals

✓ Mix-and-match sessions across nutrition, physical activity, mental health, and behaviour change

✓ Ideal for piloting wellbeing themes, addressing specific workforce challenges, or complementing existing internal initiatives

- **SAS 01 – One Session**

- **SAS 03 – Three Sessions**

- **SAS 05 – Five Sessions**

Full list of Sessions next page



£300



£600



£1000





Group Flexible: Build-Your-Own Programme

Current list of Available Sessions:

- S01 – Dietary and Cultural Differences**
- S02 – Habits, Sleep & Health Blueprint**
- S03 – Tackling Sedentary Lifestyle and Lone Working**
- S04 – Physical Activity and Exercise in a diverse society**
- S05 – Nutrition in Health Condition Prevention**
- S06 – Mental Health, Mindfulness & Stress**
- S07 – Physical Activity and Health Conditions Prevention**
- S08 – Hormones and Menopause**
- S09 – Fad Diets, Practical Solutions – Labels & Healthy Swaps**
- S10 – Alternative methods of Supporting Lifestyle Change (NLP)**
- S11 – Alternative Methods of Exercise - Yoga, Pilates**
- S12 – Mindful Eating and Nutrition**
- S13 – Stress Management and Relaxation Techniques**
- S14 – Physical Activity and Exercise for Wellbeing**
- S15 – Healthy Sleep Habits and Improving Sleep Quality**
- S16 – Positive Thinking and Mindset Shift**
- S17 – Sustaining Wellbeing and Making Lifestyle Changes**



One-to-One Coaching



Who is it for?

- ✓ Organisations without internal wellbeing teams, wanting flexible, pay-as-you-go wellbeing support for staff
- ✓ Forward-thinking Businesses that want to improve employer branding, employee retention, and productivity through wellbeing investment

Benefits and Content:

- ✓ Personalised support tailored to each employee's health and wellbeing needs
- ✓ Boosts employee engagement and retention by offering high-value benefits beyond salary
- ✓ Provides confidential support that employees may not seek in group settings
- ✓ Helps reduce absenteeism and presenteeism linked to unmanaged health or stress
- ✓ Enhances overall workplace culture by showing genuine care for employee wellbeing

*Prices start at £50 per employee depending on the package chosen by the employer. See our Personal Coaching on our website for details on pricing.



***£50+**

Let's Stay Connected



- **Do you have any Questions?**
We're here to help; reach out with any queries

- **Book a 1:1 Coaching Session**
Want tailored support? Schedule a private session with any of our coaches at a time that suits you.

How to Contact Us:

- Email: info@progresshw.com
- Website: www.progresshw.com



Socials

Instagram: [@progresshealthwellbeing](https://www.instagram.com/progresshealthwellbeing)

LinkedIn:
[Progress Health and Wellbeing](https://www.linkedin.com/company/progress-health-and-wellbeing)