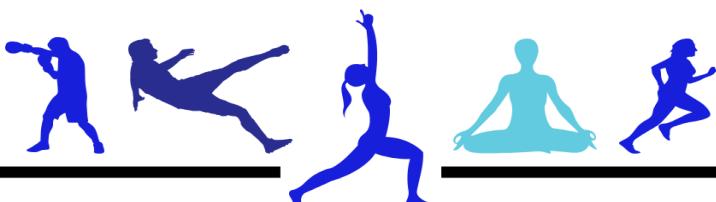




INSPIRE  
ENGAGE  
EMPOWER



## WORKPLACE WELLBEING

Inspire, Engage & Empower  
your business in partnership  
with The Inspire Group



@weareinspire



/weareinspiregroup



[www.inspire-group.co.uk](http://www.inspire-group.co.uk)

## THE PROGRAMME

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### What we do

# #InspireEngageEmpower

Our Workplace Wellbeing programme embraces our unique working methodology of **#InspireEngageEmpower**. Using insight and research this method helps to achieve quantifiable and measurable results for your business and can be aligned to specific business targets and strategies that you have in place. Each of our interventions fall into one or more of these categories and each bespoke programme can be designed to give your business the most of what you need.



#### INSPIRE YOUR PEOPLE

Our Workplace Wellbeing programme inspires your people to take control of their own physical, mental and personal wellbeing and offers support and guidance on how to do this.

#### ENGAGE WITH US

We will put together a bespoke programme of workshops and experiences to suit the needs of your business and your people.

#### EMPOWER YOUR BUSINESS

With our help you will build a physically active and mentally resilient staff ready to perform at the highest level and drive your business forward.

## THE WELLBEING ASSESSMENT

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Our Wellbeing Assessment is the first step on your **#InspireEngageEmpower** journey. Our staff will immerse themselves into your business, getting to know your people, your environment and your culture. Following

on from this we will put together a series of recommendations that we can then support you to carry out and make Workplace Wellbeing one of the many strengths of your business.

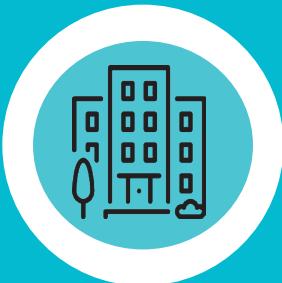
# THE PROGRAMME

## How we do it



### INSPIRED MINDFULNESS

Give your staff the gift of serenity in the workplace. Our Inspired Mindfulness practises allow your people to manage pressure and deal with stress.



### AN OUTSIDE JOB INSIDE

Rethink your office environment and reap the benefits of a more physically active, more productive, more profitable culture.



### WHAT DOES WINNING LOOK LIKE?

Lead the conversation and push your people to new standards of performance from the boardroom to the shop floor.

## OUR PARTNERS

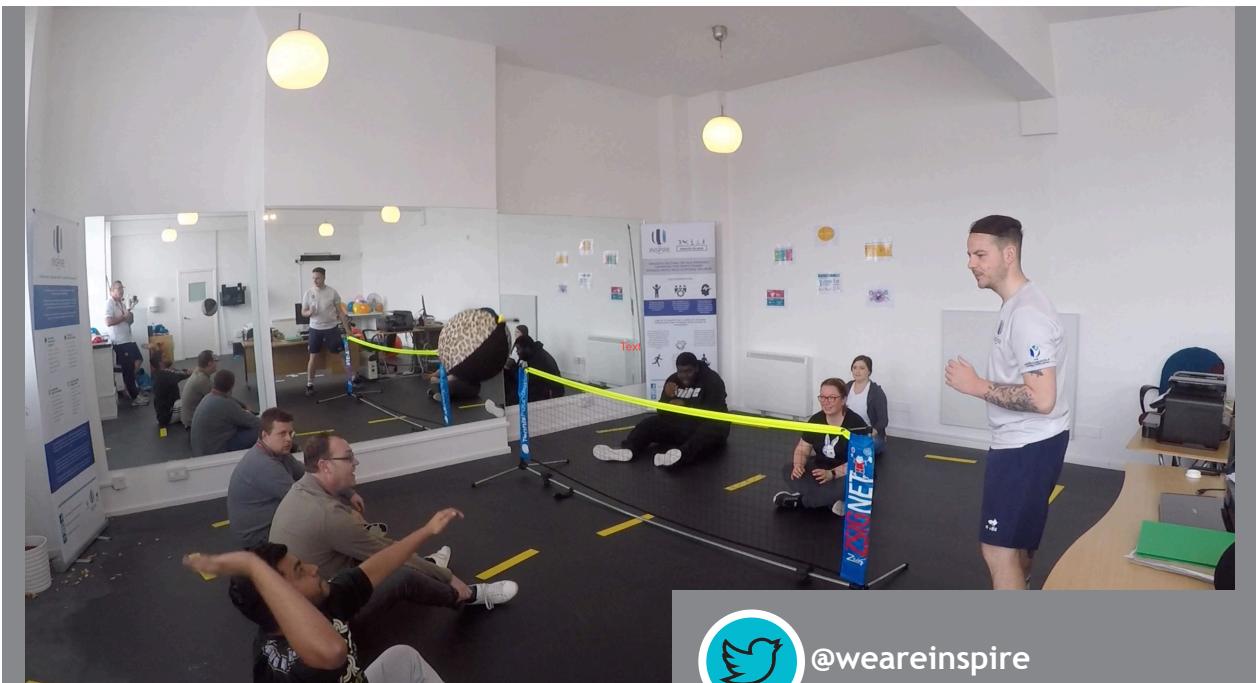
"We recently engaged with The Inspire Group to take all of our team on a journey through overall wellbeing in the workplace. From the start it quickly became obvious that we had found a partner of high quality who could engage well with our colleagues, and truly cared about the effectiveness of their training and helping us as a company. Our experience has been a very positive one."

Nick Chadaway **Managing Director**



**"JUST 15 MINUTES OF ACTIVITY GAVE ME A SMILE FOR THE REST OF THE DAY"**

DMN Logistics Staff Member



For more information on the Workplace Wellbeing programme and to arrange a personal consultation please contact -

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