

SUPPORT YOUR WORKFORCE THROUGH HEALTH & WELL-BEING

2020 has seen lives across the world change completely due to COVID-19. The way we think about our health, well-being and work-life balance has seen huge transformations as employees and employers adapt to a new way of life.

What if, as a business leader you were able to support your employees in the workplace, be that at home or at an office, and create a motivated, happy workforce along the way?

Lifelong Health provide in-person or virtual tailor-made programs and workshops supporting the physical and psychological needs employees.



WHAT WE DO

- ▶ Work with you and your business to identify key areas for consideration.
- ▶ Develop and deliver a well being strategy which supports your business goals and growth.
- ▶ Deliver return on investment through increased productivity and retention.
- ▶ Increase staff morale and satisfaction.

WHY LIFELONG HEALTH?

- ▶ Qualified and experienced team made up of both health and business professionals.
- ▶ Programs are tailor made to focus on individual, team and business needs – one size does not fit all!
- ▶ All programs are based on well documented evidence based strategies to reduce staff sickness whilst increasing staff morale and productivity.

SERVICES

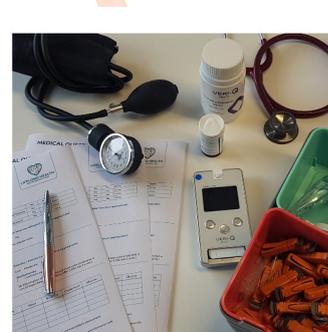
-  Health and well-being consultancy, formalising an annual plan.
-  Nursing consultations.
-  Bespoke workshops and events.
-  All our services can be delivered via in-person or virtual sessions.

TESTIMONIAL

“Our second month here in Derby working with Sian as part of monthly health and well-being checks and I've been overwhelmed with the thanks and praise for her great work.”

We have had colleagues pledging smoking cessation, couch to 5k take up and one who needed some serious intervention to prevent immediate health concerns now on medications and making strides to great recovery. Fantastic for all our colleagues - more to come!”

Mark Stelmach, Operations Manager at Firstsource



CONTACT US

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