



Corporate wellness programme

Accomplishing Wellness has an extensive corporate wellness provision – with the goal of increasing effectiveness and performance of everyone in the organisation, including the Chief Executive.

All our programmes are bespoke – we design them especially for each organisation in response to their needs – so each programme is as individual as you are. However, to give you a flavour of what we can offer, here are a few ideas.

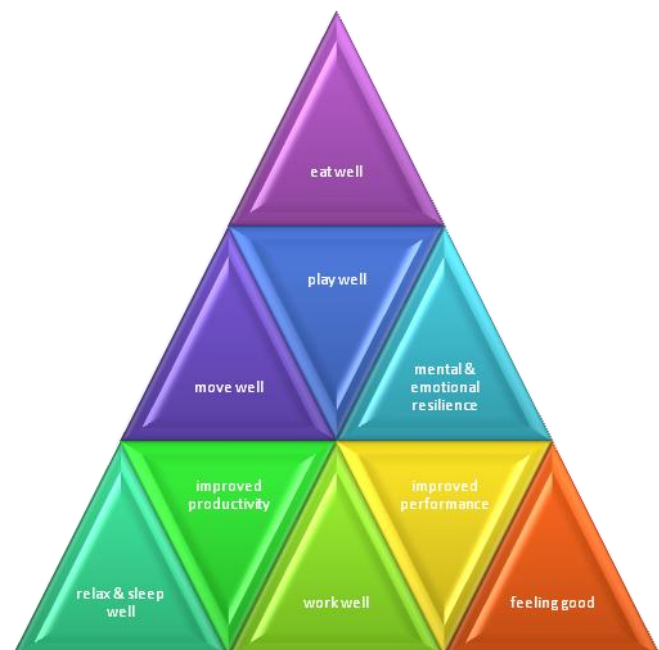
We focus on the five essential elements of wellness – eat well, sleep well, play well, relax well, and move well. Each is important for alertness, stamina and greater productivity.

Eat well

What you eat does have a bearing on how you feel and on your productivity. Can't get through the day without fourteen cups of coffee? Do you feel like that first hour after lunch is lost in a fog of vague intentions and siesta fantasies?

Well, that is probably because of what you had for breakfast or lunch.

Athletes have long since understood the importance of correct diet on their performance – and your performance is just as important.



The benefits of an improved, regulated diet on most individuals include:

- Increased stamina and energy throughout the day
- Less reliance on coffee, sugar and other stimulants
- Stronger immune system and resistance
- Less sick days taken
- Clearer thinking patterns
- Improved productivity in the workplace
- More energy for the family and recreation

We can provide workshops on eating well and staying energised or we can provide individuals with a nutritional assessment and action plan.

Sleep well

It is during sleep that we refresh, regenerate and heal. Sleeping well means waking refreshed and energised for the day ahead.

Poor sleep is linked to depression, heart disease, strokes, lung disorders, traffic and industrial accidents, and divorce.

We can provide workshops on sleeping well and a CD of guided relaxation, hints and tips on getting a good night's sleep.

Play well

Play is a great leveller: great differences in power can be overridden by play. There are various kinds of play, including body play (e.g., jumping), object play (manipulating objects), social play, rough-and-tumble play, ritual play and imaginative play (storytelling). These activities simply make us feel better. They are purposeless. In fact, if the purpose is more important than the act of doing these things, they are not "play."

The evidence we have suggests that play is important for developing cognitively, emotionally and developmentally. We know that "nothing lights up the brain like play." In fact, the ability to trust is learned through vocal, facial and gestural play signals.

Play is just important for humans as is sleep and dreaming.

While we can provide workshops on play that include a variety of play activities, we would encourage you thereafter to not set aside time to play. Rather, make play a part of the culture of the organisation so that employees infuse every moment of their lives with play. We will provide a flavour of workplace play through music, voice, comedy and other creative pursuits, including art and drama.

The benefits of play are increased creativity, spontaneity, enjoyment, positive emotions, resilience, stronger team relationships, passion and dynamism and release from negative stress.

These qualities will arm your organisation with some of the most powerful ingredients for success. Energized, happy people with vitality are more productive and intelligent than tired, unmotivated, unhappy people.

Our highly experienced facilitators have developed precise activities and training tools that will unlock your people's energy and full potential. By reducing stress and encouraging creativity, it is our experience that each individual will be able to make a more potent, enlightened and committed contribution to the organisation or team that they are part of.

Relax well

Stress levels are so much higher than they used to be, so it's important for our health to bring these levels down. Sometimes, finding time for ourselves can be difficult, so with added stresses, little spare time (even for a proper lunch break) and high pressures at work our levels of stress hormones can be raised. This then causes anxiety. Too much adrenaline and cortisol in our bodies can cause our blood pressure to rise, making our brains behave differently. Energy levels fall and there is a loss of effectiveness, efficiency and creativity are early signs.

According to the Health & Safety Executive work-related stress is the biggest occupational health problem in the UK after back problems. The law requires organisations to take action.

Relaxation is the key when it comes to stress relief therapies. Studies have shown evidence of many other benefits coming from regular relaxation treatments, such as a decrease in the risk of heart attack, protection from mental health problems, improvement of your immune system and your memory.

We not only offer stress awareness and stress management solutions, we also offer workshops and coaching on mental toughness and resilience. Mental toughness is the quality which determines in some part how people deal with challenge, stressors and pressure.

There is a very strong link between mental toughness, stress management and peak performance Development and behaviour. These are all interrelated.

The mentally tough person tends to be:

- Sociable and outgoing
- Being able to remain calm and relaxed, they are competitive in many situations and have lower anxiety levels than others
- With a high sense of self-belief and an unshakeable faith that they control their own destiny, these individuals can remain relatively unaffected by competition or adversity

By understanding and applying the principles of Mental Toughness in the workplace, organisations are able to:

- Develop strategies and tactics to help individuals perform under pressure.
- Help managers get the best from their people.

Move well

Physical activity is essential for our health and well-being - both physical and mental. We're advised to spend at least 30 minutes on 5 or more days of the week participating in moderately intense activities. You'll know you've hit moderate intensity when the activity makes you breathe slightly harder and you feel that bit warmer than normal but can still talk.

The benefits of being physically active include:

- better health
- improved fitness
- more energy
- feeling less stressed
- stronger bones and muscles
- better balance, strength, suppleness and mobility
- improved sleep
- help maintain healthy weight
- fun
- a sense of achievement



Executive Coaching

Executive coaching has been shown to enhance goal attainment, increase resilience and improve workplace wellbeing and reduce depression and stress. Coaching can be effective in helping individuals to increase self-confidence and personal insight, build management and leadership skills and help participants deal with the uncertainty and challenges inherent in organisational change.

We can offer 360 degree feedback, half day leadership discussion forum (based on Dr Stephen Covey's work - 7 Habits of Highly Effective People, Principled Leadership and Everyday Greatness), and four individual coaching sessions over 10 weeks.