



Angela Steel
Founder & CEO

After a 15-year marketing career in the IT industry, Angela retrained in nutrition in 2009 and recently gained an MSc in Organisational Psychology. Her research project focused on the experience of wellbeing leads in organisations and better understanding the challenges they face in leading wellbeing change.

Hello and thanks for stopping by

As an employer looking to invest in the wellbeing of your people, you will want to know that the initiatives you introduce stand the best possible chance of success, resulting in healthy, happy employees and a high performing organisation. Research shows that wellbeing interventions don't tend to work in isolation. In fact, the root causes of stress and ill-health are frequently overlooked, leading many organisations to experience mixed outcomes.

In reality, workplace wellbeing is made up of multiple strands, all contributing to a positive work environment, employee trust and ultimately, demonstrable business outcomes.

With this in mind, at SuperWellness, we've developed a multi-layered

wellbeing platform, designed to provide you as an employer with all the building blocks you need to design and implement a wellbeing programme that works for you, from developing a strategy to engaging diverse employees, whether they are desk-based, offline or in other hard-to-reach environments.

What makes us different?

- We take a strategic approach that addresses the root causes of stress at work
- We provide the building blocks for a healthy work culture
- We focus on prevention and lifestyle first

We'd love to hear from you and see how we might be able to support you too.

Get in touch with me: angela@superwellness.co.uk

Healthy wishes,

We are here to support you

We believe passionately in the role of prevention in workplace wellbeing and we pride ourselves on the strong partnerships we form with our clients. We understand the challenges of leading wellbeing change and always aim to go the extra mile to support you towards your goals. Here are some of the members of our team you will meet on your SuperWellness client journey:



Hayley, Head of Client Services

"I'm passionate about building long-term partnerships with our clients. I love getting to understand in-depth their wellbeing objectives and the challenges they face, so that I can support and guide them from day one."



Amanda, Commercial Director

"I bring a strategic perspective to our client journey. I am a strong believer in the power of a healthy culture and teamwork and I'm always happy to share my experience and insights with our clients."



John, Business Development Director

"As a former shift-working engineer in the aviation industry, I understand first-hand how much employee wellbeing matters. It is a privilege to play a part in bringing wellbeing to more workplaces and making the job of wellbeing a little bit easier wherever possible."



Frida, Head of Operational Excellence

"My background is working in sales and operations in the hospitality industry, and it's really important to me that we provide a 5-star service to our clients so they can in turn positively impact the lives of their employees."



Julie, Head of Nutrition

"My role is all about creating and delivering inspiring and practical workshops and content. I truly believe that empathy and helping people feel understood is the key to unlock engagement with wellbeing content."



Jess, Psychology Programme Manager

"I believe we all have the internal resources to thrive at work and in our personal lives, given the right tools, knowledge and support. My aim is to provide the building blocks for a positive mindset, and ultimately a great work culture."



Elliot, Workplace Wellbeing Strategy Consultant

"It's fantastic to see so many organisations thinking more strategically about workplace wellbeing and seeing the huge advantages it can offer for staff and the employer. My training in business psychology allows me to guide our clients every step of the way."



Ellie, Creative Manager

"I lead our SuperChamps programme, organising fascinating guest speakers each month and creating a space for all of our champions to network across different organisations. It's really special to hear all of the success stories they share and help them grow in their role."



Workplace wellbeing that works

For organisations, employees and line-managers



Contact us
info@superwellness.co.uk
0845 370 4070.

Providing the Building Blocks for a Healthy Work Culture

Wellbeing Strategy

Workplace Wellbeing Audit

Use of diagnostic tool, employee survey and focus group to produce a recommendations report

Employee Wellbeing Survey

Validated questionnaire set up and analysis

Programme Planning

Outline interventions and calendar of health promotion and communication

Bespoke Consultancy

Support from our trained business psychologists tailored to your needs

Strategy Formulation

Define vision and objectives, framework, plan and launch strategy

Data & Measurement

Data Dashboards

Track your wellbeing programme's results, employee feedback and progress towards objectives

Menopause Awareness Training (half day)

Develop a better understanding of menopause and its implications for line-managers and colleagues (CPD accredited)

An Introduction to Menopause Awareness (1-hour)

Build awareness around menopause in the workplace

Menopause-friendly Workplace Strategy Design (consultancy)

Identify gaps and create an inclusive plan encompassing all levels of the organisation

Menopause-friendly Workplace Toolkit (resources)

Comprehensive resources and signposting for the workplace

Training, Consultancy & Membership

Wellbeing Lead Hub Membership

Members-only Portal: Regular Q&A sessions resources, signposting, networking

Wellbeing-centered Management Foundation (half day)

Wellbeing awareness and skills for line-managers (CPD accredited)

Introduction to Wellbeing-centered Management (1-hour)

Understanding the key principles of wellbeing-centred management

DISC Profiling (Individual & team reports, consulting and training)

Developing teamwork & effective collaboration for productivity and wellbeing

Action Planning for Team Leaders (half day)

Coaching and mentoring to grow line-manager skills and develop healthy team cultures

Wellbeing Lead Foundation (half day)

Insights and practical guidance for success in a wellbeing lead role (CPD accreditation pending)

SuperChamps Programme Membership (12 months)

Monthly speakers on a wide range of health campaigns and wellbeing topics, monthly toolkits including signposting, toolbox talks and challenge templates. Full wellbeing champion team onboarding and support. (CPD accredited)

Wellbeing Champion Foundation (half day)

Develop and equip your wellbeing advocates with 5 key skills for the role (CPD accredited)

Getting Started as a Wellbeing Champion (1-hour)

An introduction to the role and what it means

Workplace Wellbeing with Impact (1-hour free webinar)

An introduction to 6 key aspects of wellbeing strategy

Mental Health First Aid Training (2 days)

Led by an MHFA England Accredited Instructor

MHFA Refresher Training (half-day)

Maintain the skills of your MHFAiders®

Mental Health Aware Course (half day)

An introductory course raising awareness of mental health

MHFA Strategy Consultation (30-minutes)

Design and develop your MHFA team strategy

SuperChamps speaker sessions for MHFAiders® (12 months)

Monthly speakers on a wide range of health campaigns and wellbeing topics (CPD accredited)

Health Promotion & Education Live Events

Healthy Food Demos (onsite - half or full day)

Fun, engaging and educational demos with a choice of themes such as breakfast, snacks, smoothies, mocktails and more

Body Composition Testing (onsite - half or full day)

Measurement of individual health statistics including metabolic age, with nutritional and lifestyle coaching

Workshops (onsite - half or full day)

Keynotes and interactive talks on 60+ topics across lifestyle, nutrition, sleep, psychology and mindset, physical activity, men's and women's health and more

Sleep, Energy & Fatigue (Live webinars - 1 hour)

Topics Include:

- 8 Steps To Better Sleep
- Boost Your Energy
- Meal Planning for Shift Work
- Preventing Fatigue & Burnout

General Wellbeing (Live webinars - 1 hour)

Topics Include:

- Winter & Summer Wellness
- Hybrid & Remote Working
- Digital Wellbeing
- Vitality & Energy
- Nature
- Self-Care

Health Fairs and Wellbeing Roadshows (onsite - half or full day)

Build wellbeing engagement and promote your wellbeing programme

Physical Activity (Live webinars - 1 hour)

Topics Include:

- Revitalise & Energise Every Day
- Get Fit & Stay Fit
- Boost Your Fitness

Mindset and Performance (Live webinars - 1 hour)

Topics include:

- Brain Power
- Self-Belief & Imposter Phenomenon
- Positive Mindset
- Resilience

Women's Health (Live webinars - 1 hour)

Topics Include:

- Lifestyle Tips For Women's Health
- Menopause
- Post-Menopause
- Menopause Awareness at Work

Mental Wellbeing (Live webinars - 1 hour)

Topics include:

- Supporting Mental Health at Work
- Neurodiversity
- Social Wellbeing
- Work-Life Balance
- Stress
- Mindfulness

Zinc Taste Testing (onsite - half or full day)

A quick and simple taste test to start a conversation about the role of nutrients such as Zinc in our diet

Men's Health (Live webinars - 1 hour)

Topics Include:

- Men's Mental Health
- Lifestyle Tips For Men's Health

Stages of Life (Live webinars - 1 hour)

Topics Include:

- Fertility
- Pregnancy & Healthy Baby
- Kids' Nutrition
- Supporting New Parents
- Menopause
- Healthy Ageing

Nutrition (Live webinars - 1 hour)

Topics Include:

- Healthy Eating On A Budget
- Cooking Classes
- Eco-Friendly Eating
- Plant-Based Eating
- Metabolic Health
- Eating On The Go

Prevention of ill-health (Live webinars - 1 hour)

Topics Include:

- Migraines & Headaches
- Heart Health
- Alcohol Awareness
- Gut Health
- MSK
- Immunity

Content & Communications

Monthly Toolbox Talks & Signposting

Provide line-managers with ready-made templates including key points and prompts for meaningful wellbeing conversations

Monthly Newsletter & Resources

Every month a fresh health campaign topic. Includes downloadable infographics poster, 20-min video, recipes and article

Monthly FREE poster

Abridged version of our popular infographics poster, focusing on fresh wellbeing topics each month

Monthly Wellbeing Challenges

From daily mindfulness bite-size practices to video desk stretches

Wellbeing Champion Toolkits

Everything you need to create and run engaging wellbeing campaigns and promote colleague wellbeing