



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

Effective workplace wellbeing should mean healthier, happier employees and a high-performing, resilient organisation. Although many employers now recognise this potential, achieving these aims can be less straightforward.

Perhaps you've implemented several wellbeing initiatives already, but you feel there is still some way to go. You might have an EAP in place or other standalone initiatives. You may be looking to prioritise a more preventive approach as the next step.

- How can you build on current wellbeing foundations in a way that makes the best use of limited resources?
- How will you achieve both the quick wins needed to secure wider buy-in, and a positive shift that is sustainable through changing times?
- How do you create a joined-up wellbeing strategy that delivers for everyone, from the senior leadership team to line managers and diverse employees, whether they are desk-based, offline, or in hard-to-reach environments?

As your wellbeing partner, we make it our mission to cut through the complexity, supporting you step by step on your journey. What truly sets us apart? The comprehensive workplace wellbeing offering that we have developed, implemented, and optimised, in close collaboration with our clients since our beginnings in 2011. Today, our multi-layered, award-winning wellbeing platform provides all the building blocks you need when you need them.

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,

Angela Steel

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, Client Experience Consultant

"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."

Jordan, Business Development Consultant

"I've always been devoted to health and wellbeing having 10+ years as a Personal Trainer and a Nutritionist, it's in my DNA to want the best for people and to guide them through any obstacles that may present a challenge."



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, Operations Director

"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."



Davina, Workplace Wellbeing Delivery Consultant

"I am passionate about exploring wellbeing strategies that span the employee lifecycle and balance business outcomes with the needs of individual employees."

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."

Amanda, Team Culture & Communication

"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."



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



SUPER
WELLNESS



Shape

Embed




Reach

We simplify your path to effective workplace wellbeing, by providing all the support you need, in one place.

Some of our clients



The building blocks of a healthy work culture

<div> Shape</div> <div>Develop and sustain your wellbeing vision, strategy and objectives.</div>		<div> Embed</div> <div>Translate your wellbeing strategy and objectives into your work culture and everyday behaviours.</div>				<div> Reach</div> <div>Engage your organisation's diverse employees through health promotion and education.</div>		
Supporting You as a Wellbeing Lead	Developing Your Wellbeing Strategy	Developing Your Line-Managers	Developing Your Wellbeing Champions	Creating a Menopause-Friendly Workplace	Developing Mental Health Awareness	Live Webinars 50+ topics	Onsite Activities	Content & Communications
Wellbeing Lead Training	Workplace Wellbeing Audit	Wellbeing-Centred Line Management Training	Wellbeing Champion Foundation Training	Menopause Awareness Training	MHFA Training	Mental Wellbeing Prevention of Ill-Health General Wellbeing Men's & Women's Health Stages of Life Nutrition Physical Activity Sleep, Energy & Fatigue Mindset & Performance	Body Composition Testing Live Workshops Healthy Food Demos Zinc Taste Testing	Wellbeing Calendar
Wellbeing Academy Hub	Strategy Formulation	Team Culture & Communication Training & Consultancy	SuperChamps Ongoing CPD Training, Resources & Network	Menopause Awareness Strategy Design	MHFA Strategy Design			Monthly 'Done-For-You' Content
1-1 Coaching & Mentoring	Data & Reporting	1-1 Coaching & Mentoring DISC Assessments	Support Sessions DISC Assessments	Menopause Awareness Resources	MHFA Refresher Training			Toolbox Talks & Signposting

Design your effective wellbeing programme in 3 steps



- 1

Map out your 1-3 year priorities using the calendar
- 2

Select your tailored 'pick and mix' building blocks using our editable designer
- 3

Book your free 30-min consultation for advice and support before finalising your plan

Get in touch to request our free
editable programme design tool