



SUPER
WELLNESS



Shape

Embed

Reach

Live Events Menu

Webinars and On-site Activities

At **SuperWellness** we make it easy to get started with workplace wellbeing. Just choose a single webinar, on-site day, plan a series of related events, or speak to our consultants for an expert view on what could work for you.



Body composition testing



Engaging with a personalised approach



Inspiring workshops and food demonstrations



NUTRITION DISCOVERY SESSION

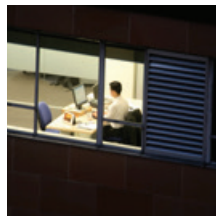
An eye opening introduction to healthy eating and its impact on physical and mental health. This session covers the foundations:

- How positive nutrition and lifestyle habits can help us prevent illness, feel stronger and more energetic.
- The small adjustments that can influence our brain chemistry to boost mood and our ability to cope with stress.
- A wealth of fascinating science-based facts and practical steps to make change happen, from blood sugars and metabolism to the role of digestion, micronutrients and hydration.
- Works as a standalone session or is a popular addition to body composition testing.



HEALTHY MEAL PLANNING FOR SHIFT WORK

Gain an understanding of the natural body clock rhythm and how to plan meals and lifestyle habits for optimal health.



HEALTHY IN A HURRY

Discover how to select and prepare healthy meals and snacks no matter where you are—at work, on the road or in your own kitchen.



THE BENEFITS OF PLANT-BASED EATING

How to maximise the benefits of plant-based foods in your diet in a way that works for you.



METABOLIC BOOST

Remove the blocks which keep your metabolism stuck for lasting weight loss, health and energy gain.



ECO-FRIENDLY EATING

Be in the know when it comes to sustainable food choices. We share realistic tips and ideas for taking care of the planet as well as our health.



DETOX AND RE-ENERGISE

We take a look at the science behind detoxification and the hype-free approaches which really do work.



HEALTHY COOKING CLASS

Get inspired to prepare simple and delicious recipes packed with feel-good ingredients at home. Learn about the benefits of different ingredients.

Available as a webinar only



HEALTHY EATING ON A BUDGET

Eating for less doesn't have to be dull, uninspiring or unhealthy. Tips on smart ways to plan, shop and cook on a budget.



THE POWER OF SELF-CARE

We highlight how important it is to view self-care not as a luxury, but as an opportunity to prevent or control disease, by making healthy choices every day.

**SUMMER WELLNESS**

How to make the most of the warmer months, enhancing the sun's benefits whilst preventing pitfalls from sunburn to hayfever.

**WINTER WELLNESS**

How to stay healthy this winter—including tips for immunity, mental health and food and exercise motivation. Choose from early winter, festive season or New Year version.

**CREATING AN EFFECTIVE WORK-LIFE BALANCE**

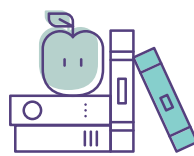
How to recharge and prevent burnout in an 'always on' environment: finding a balance, clarifying boundaries and building in time to switch off.

**THRIVING IN A HYBRID WORLD**

Discover the art of thriving in a hybrid world—a dynamic approach and practical strategies to balancing work and life for optimal wellbeing.

**THE POWER OF NATURE**

Why and how to harness the benefits of nature for wellbeing.



MEN'S HEALTH

10 steps to minimise the key risk factors for men's physical and mental health, from healthy testosterone levels to emotional wellbeing.

**WOMEN'S HEALTH**

Follow our evidence-based '11 step plan' and feel empowered to support hormonal health naturally whatever life stage you are at.

**UNDERSTANDING AND EMBRACING THE MENOPAUSE**

Our 7-point practical plan to support your body and mind for a smoother transition into this phase of life.

**MENOPAUSE AWARENESS AT WORK**

Building the awareness and understanding required for a menopause-friendly workplace.

**6 STEPS TO POST-MENOPAUSE HEALTH**

An action plan for life after the menopause.



SUPPORTING MENTAL HEALTH AT WORK

Gain practical strategies to enhance workplace wellbeing. Discover tools to foster a positive environment where mental health thrives.



STRESS BUSTER

What is stress and how to manage it through diet and lifestyle.



FOOD FOR THE MIND

Nutrition and lifestyle strategies to boost mental wellbeing, performance and stress resilience.



UNDERSTANDING ANXIETY

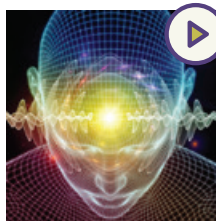
A comprehensive webinar on understanding, managing, and supporting anxiety.



IN PRACTICE: MINDFULNESS, VISUALISATION AND MEDITATION

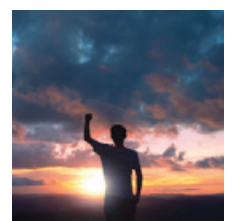
3 powerful practices which you can use to de-stress and gain strength in times of uncertainty and adversity.

Available as a webinar only



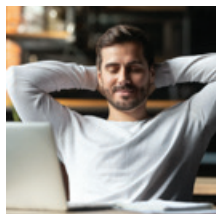
BUILDING RESILIENCE

Learn to create a strong and positive mindset in the face of challenges, including strategies to optimise mental resilience.



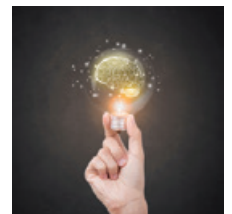
MINDFULNESS

Practise mindfulness techniques and learn lifestyle habits and tips to minimise stress and anxiety.



UNLEASH YOUR BRAIN POWER

Empower your employees mind, to elevate their performance in the workplace and cultivate a culture of excellence, innovation and creativity within your organisation.



THE POWER OF SOCIAL WELLBEING

How to feel connected for better wellbeing and fulfilment, even when working remotely.



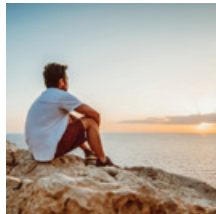
MANAGING UNCERTAINTY

Understanding the effects of change and practical tools to thrive
—A session balancing science, thoughtful discussion and practice.



MEN'S MENTAL HEALTH

Uncover important truths about male mental health and learn some key ideas to support their mental wellbeing.



THE 4 PILLARS OF A POSITIVE MINDSET

Discover the 4 pillars of a positive mindset—Hope, Efficacy, Resilience, and Optimism, the building blocks of 'Psychological Capital'.



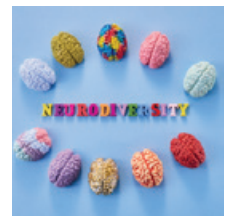
MASTERING SELF-BELIEF: TACKLING THE 'IMPOSTER PHENOMENON' IN THE WORKPLACE

Discover the hidden barriers to success and personal fulfilment with our insightful exploration of the Imposter Phenomenon.



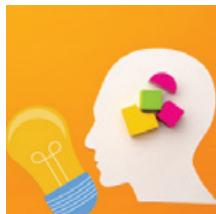
EMBRACING NEURODIVERSITY: BUILDING AN INCLUSIVE WORKPLACE

Gain practical insights and strategies that can be directly applied to foster a more inclusive and neurodiverse-friendly work environment.



ADHD AND AUTISM AWARENESS AT WORK

Discover key insights and practical strategies for fostering an inclusive workplace that supports neurodiverse employees.



IMMUNE BOOST

Create your plan for boosting the body's natural defence against illness, from nutrients to exercise and other lifestyle practices.



HEART HEALTH

Discover facts and myths about heart health and our 6-point plan for lifestyle-led prevention.



STAY ALCOHOL SAVVY

Exploring our relationship with alcohol and why cutting back can bring a myriad of health benefits.



MUSCULOSKELETAL DETECTIVE

5 key diet and lifestyle pillars to support your musculoskeletal system.



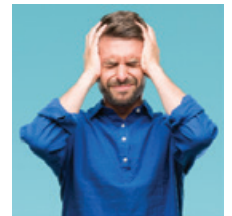
GOOD GUT HEALTH

We investigate our wonderful gut microbiome and how it affects both our physical and mental health.



MANAGING MIGRAINES AND HEADACHES

Delve into the inner workings of migraines and headaches, and the triggers which could cause them.



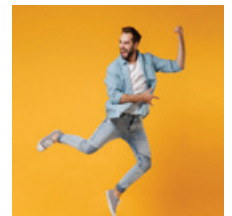
8 STEPS TO BETTER SLEEP

Discover the hidden causes of potential sleep thieves, from nocturnal blood sugar fluctuations to hormones and understand the key steps to sleep better now.



BOOST YOUR ENERGY!

Do you wake up feeling drained or get hit by performance-sapping energy lows during the day? Learn how to boost mental and physical energy naturally.



PREVENTING FATIGUE AND BURNOUT

How to avoid the pitfalls of long-term stress and rewire your brain to combat fatigue and burnout.



DIGITAL DETOX

Reflect on the benefits of disconnecting and discover 12 steps to breaking free from technology.



BOOST YOUR FITNESS

How to maximise the benefits of exercise in a way that's achievable at any age and fitness level.



GET FIT AND STAY FIT!

Practical tips leveraging behavioural science to 'find your exercise groove'.



REVITALISE AND ENERGISE EVERYDAY

Practical ideas and guidance on how to reignite the body's energy using movement.



KIDS' NUTRITION

Understanding the nutritional requirements of school age children and winning formulas for tasty nutritious packed lunches.



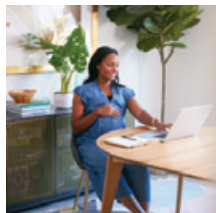
EMBRACING LIFE AS A NEW PARENT

Tips for navigating parenthood with confidence and support.



FERTILITY, PREGNANCY AND HEALTHY BABY

Strategies for mum and newborn health, from preconception to postpartum.



HEALTHY AGEING

Uncover key science and practical advice for how to live a vibrant life in your latter years.



BODY COMPOSITION TESTING

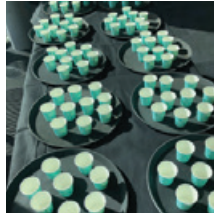
Build wellbeing engagement with individual testing combined with nutritional and lifestyle advice.

**HEALTHY FOOD DEMONSTRATION**

Live food demonstration showing you how to make your own easy and healthy recipes.

**ZINC TASTE TESTING**

A fun test using a zinc solution to indicate zinc levels in the body. Zinc is an important trace mineral for many functions, from skin and immune to mental health.

**SMOOTHIE DEMONSTRATION**

Live demonstration showing you how to make easy healthy smoothies and which ingredients to include.



Tailored on-site activities may be available on request

WELLBEING AT WORK TRAINING *Get in touch for details***MENOPAUSE AWARENESS AT WORK TRAINING**

Promote a menopause-friendly workplace by improving awareness and understanding among managers and leaders, as well as equipping them with practical steps to better support employees and peers.

GETTING STARTED AS A WELLBEING CHAMPION

An introduction to the role covering key wellbeing concepts, health promotion and engagement, skilled conversations and practical case scenarios.

WELLBEING-CENTRED LINE MANAGEMENT TRAINING

Equip your team leaders and line-managers with essential knowledge and skills to promote improved wellbeing and productivity within their team.

BUILDING PSYCHOLOGICAL SAFETY

Empower your line-managers and leaders to create a culture of psychological safety that fosters trust, innovation, and high-performing teams.

MENTAL HEALTH FIRST AID TRAINING




Train your workforce to foster a mental health friendly environment and provide support to staff.

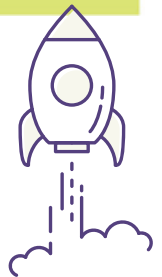
THE BUILDING BLOCKS OF A HEALTHY WORK CULTURE

WE OFFER MUCH MORE BEYOND OUR WEBINARS!

Our multi-layered wellbeing platform is designed to provide you as an employer with all the building blocks you need to design and implement a long-term wellbeing programme that works for you, from developing a strategy to engaging diverse employees.

Our flexible approach allows you to select the building blocks that suit your needs, when you need them.

 Shape Develop and sustain your wellbeing vision, strategy and objectives.		 Embed Translate your wellbeing strategy and objectives into your work culture and everyday behaviours.				 Reach Engage your organisation's diverse employees through health promotion and education.		
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	Body Composition 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	Men's & Women's Health Stages of Life Nutrition	Live Workshops Healthy Food Demos Zinc Taste Testing	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	Physical Activity Sleep, Energy & Fatigue Mindset & Performance		Toolbox Talks & Signposting



Book a consultation with our team to create your workplace wellbeing roadmap using our 12-month programme designer.

info@superwellness.co.uk




For more information contact:
info@superwellness.co.uk

www.superwellness.co.uk

Connect with us on Social Media

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