



core
coaching

WORKING WELL



Proactive personalised wellbeing solutions to support and empower your employees

Employees benefit from;

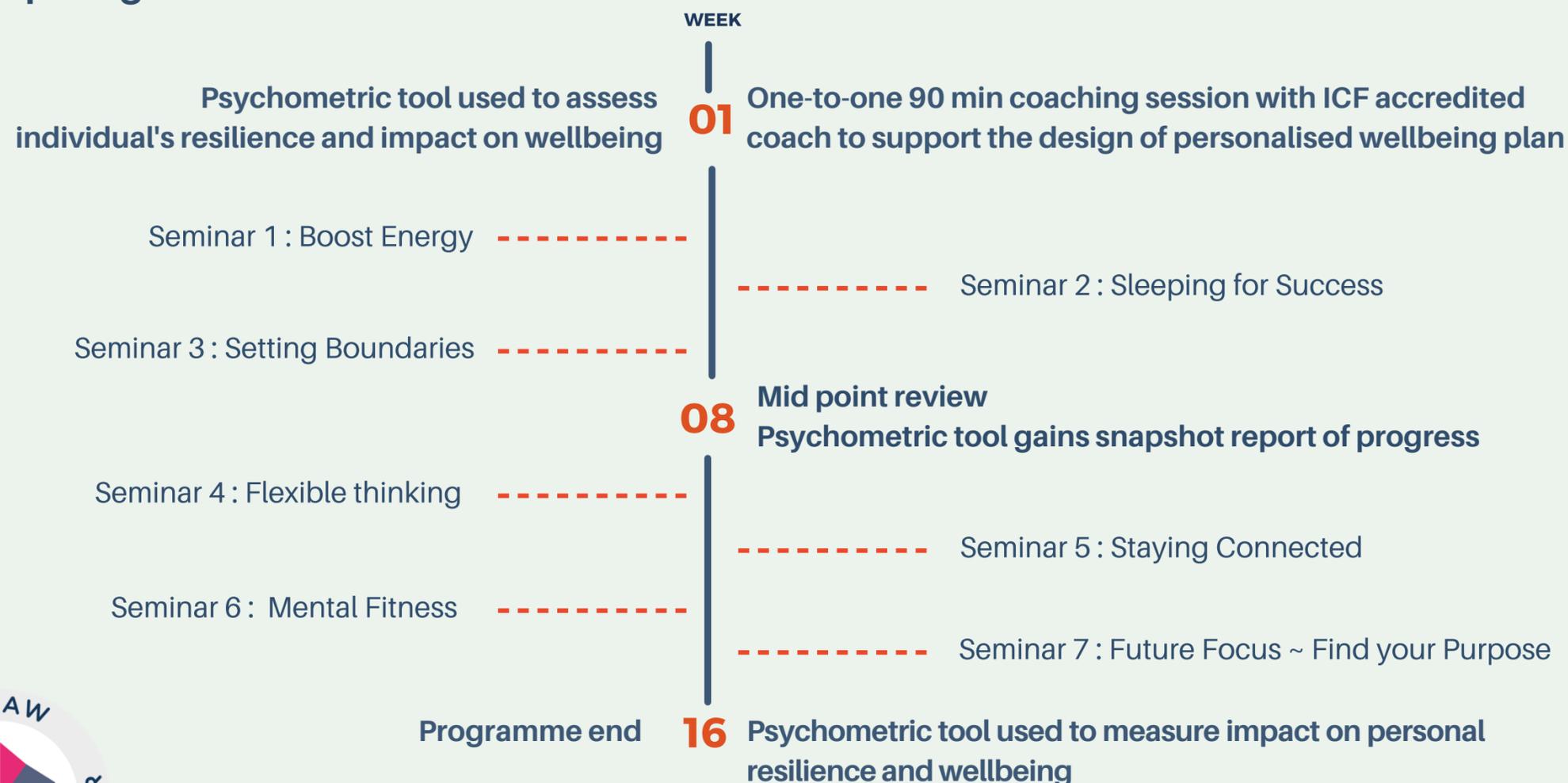
- increased energy, engagement and performance
- improved resilience to cope with challenge and change
- lower stress and reduced risk of burnout

Employers benefit from;

- retaining and attracting talent through positive work culture
- increased employee engagement, productivity, performance
- lower employee absenteeism and presenteeism

Level Up Programme

Kickstart cost £550 pp



Investing in wellbeing is not just the right thing to do; it makes sense for good business.

A Deloitte study in Jan 2020 found the cost of poor mental health to employers to be £42-45bn annually.

On average employers obtain a return of over £5 for every £1 invested in proactive, targeted wellbeing interventions.

18-30 year olds are disproportionately affected by poor mental health, impacting work performance, absenteeism and productivity.

53% of 18-25 year-olds report feeling a degree of anxiety (Aviva, Nov 2020).



Core Coaching utilises the [Wraw](#) psychometric tool to measure an individual's resilience and the impact on wellbeing in the workplace. The tool allows you to target intervention and measure impact, acting as a catalyst for change.

