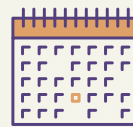




Set new standards for workplace wellbeing

Focusing on prevention with a lifestyle-centred approach



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SET NEW STANDARDS FOR **WORKPLACE WELLBEING**

We partner with forward-thinking employers to create healthier, happier, more connected organisations.



OUR MISSION

is to empower your employees to improve their **physical** and **mental wellbeing** through a **lifestyle-centred approach**.

THE TIME HAS COME

FOR A LIFESTYLE-CENTRED APPROACH

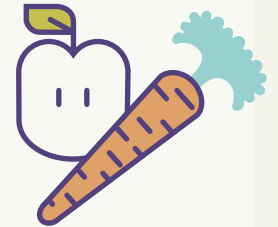
The importance of diet and lifestyle was clear prior to the Covid era. The pandemic has only highlighted the painful impact of these risk factors both on our longevity and quality of life.

As we still register the seismic changes to our working life after the past couple of years, it's clear that both health and balance have gone up the priority lists.

While almost half of employees said that both their physical and mental health have got worse, a significant majority of us (8 in 10 adults) are now highly motivated to get healthier.

Forward-thinking organisations are realising the key part workplace wellbeing plays at every level of team performance. From being an employer of choice to creating a culture which supports happy, healthy and empowered employees.

A significant majority of us **(8 in 10 adults)** are now highly **motivated** to get **healthier**



DO THESE CHALLENGES
SOUND FAMILIAR?

Struggling to reach employees who need wellbeing the most

How to measure success?

Specific health risks linked to nature of the work, e.g. shift work, high stress environment

Line manager wellbeing awareness and skills

Engaging field-based as well as office-based employees

Limited time available, juggling wellbeing with other responsibilities

THE 6 PRINCIPLES FOR ACHIEVING **[IMPACT]**

So what is required in order to address these challenges and achieve meaningful results from your wellbeing strategy?

Our programmes have been designed and fine-tuned with this in mind. They are designed to deliver all the elements required to fulfil these 6 principles.



I Inclusive, diverse
delivery and content
reaches more people

M Measurable outcomes
*makes good business
sense*

P Planned for the longer
term
to build positive momentum

A Accessible, fun and
informative approach
breaks down barriers

C Champion-led engagement
*embeds wellbeing into the
culture*

T Tailored
implementation
ensures relevance

HOW WE WORK

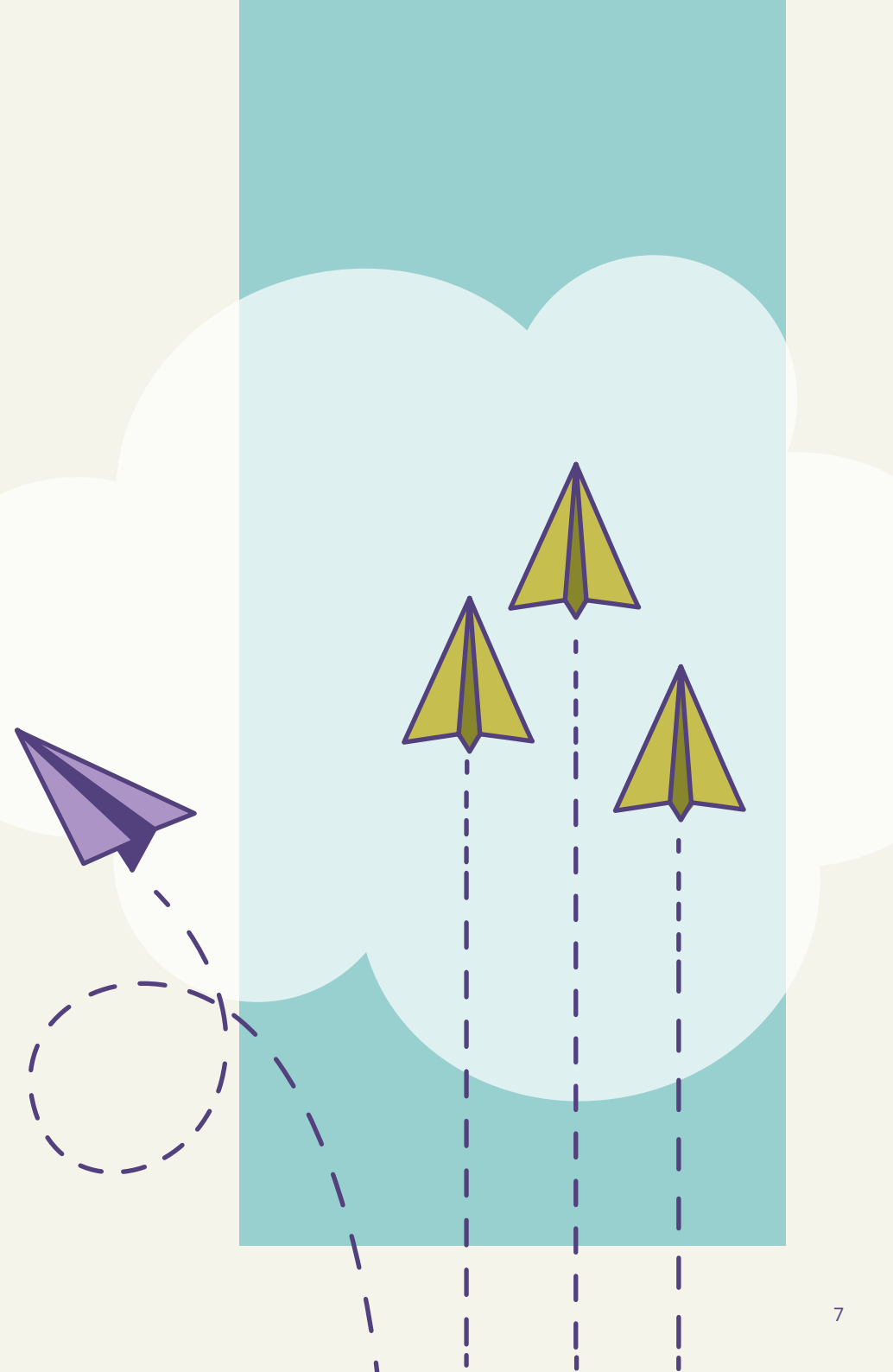
We understand that every workplace is unique. From your culture to your objectives, not to mention logistical constraints, our programmes are highly flexible and personalised.

We've developed a compelling, joined-up range of wellbeing services for you to choose from.

Whether you're looking for support on a specific project such as a webinar or a wellbeing day, or for a longer-term partner to review your current strategy and help you embed wellbeing at every level from senior leaders to staff, we're here to help.

Our 12-month programmes are designed to provide you with a comprehensive wellbeing programme, whichever level you choose to join:

Inspire, Engage or **Transform.**



OUR JOINED-UP, STRATEGIC APPROACH

Whatever stage you are at, we'll work with you to get the best results.

The latest CIPD health & wellbeing report highlighted the benefits of having a wellbeing strategy in place, from better morale and engagement to improved staff retention. It also stressed the pivotal role of senior leaders and line managers in employee wellbeing.


We will help your organisation to embed wellbeing within the culture by reviewing your current strategy and working with you to build an effective approach at every level.



12-MONTH PROGRAMMES

Our 12-month programmes are designed to provide peace of mind, knowing that your wellbeing approach is built on the **IMPACT** principles and structured over time.

To get started, choose one of 3 programme levels: **Inspire, Engage** or **Transform**

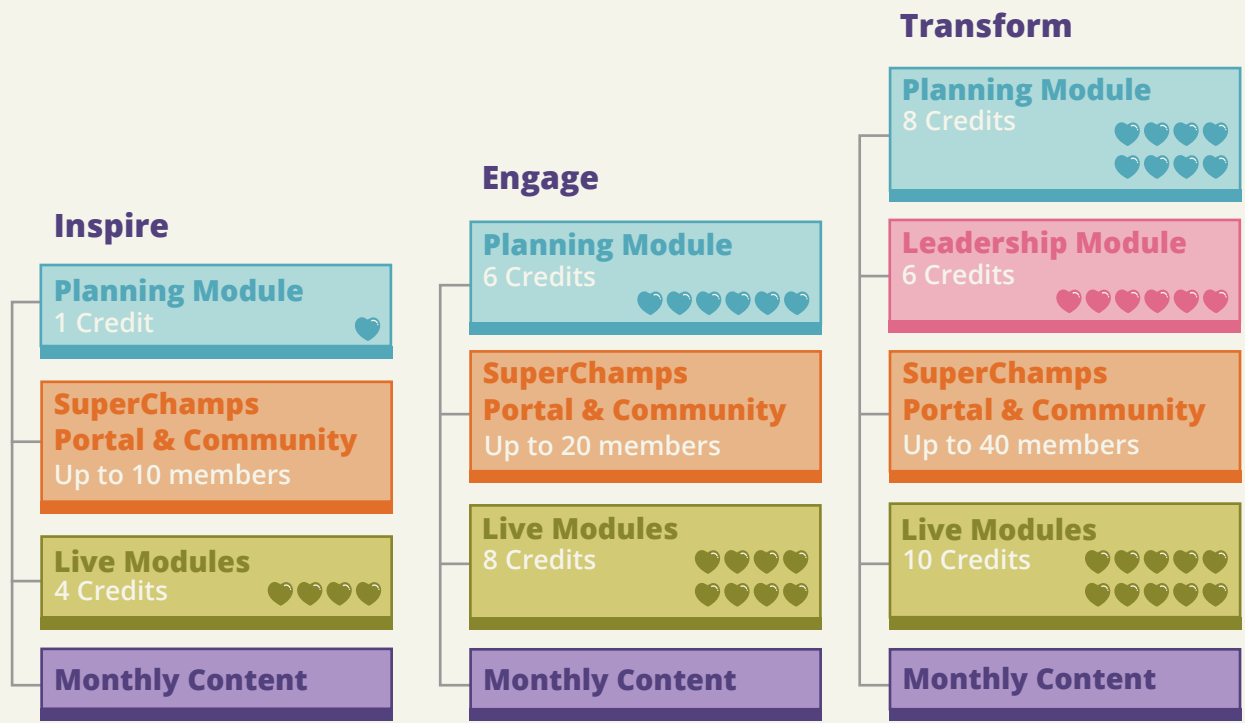
Each programme level contains our **SuperChamps Portal** and **Monthly Content** while our Wellbeing Credits  can be redeemed against the **Planning, Leadership** and **Live Modules** allowing you to tailor your programme to suit your workplace.



Planning Module	Credits
Strategy Audit	
Initial Planning	
Health Questionnaire & Report	
Presence / Presentation at your team meeting (virtual)	
Progress planning meeting (virtual)	

Leadership Module	Credits
Line Manager Training online in-person	
Senior Leader Training online in-person	

Live Module	Credits
1 Webinar	
½ Day on-site	
Full Day on-site	
Full Day on-site (2 Practitioners)	
6 Week Programme	



Design your programme using our **SuperWellness Activity Planner**

WELLBEING STRATEGY AUDIT

According to the CIPD, 51% of organisations now have a wellbeing strategy in place.

Whether you're looking to introduce one from scratch or review and refresh your existing strategy, we'll begin by reviewing these different aspects, before making recommendations for the next stage.

🎯 OBJECTIVES

📊 MEASURES

🏗️ FRAMEWORK REVIEW

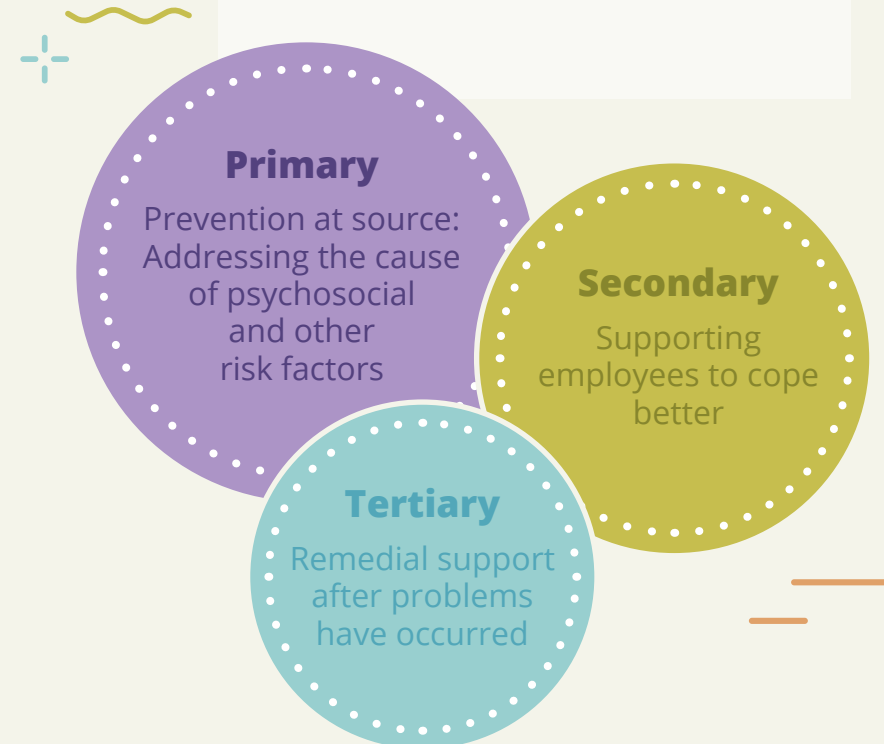
🔗 WELLBEING INTERVENTION GAP ANALYSIS

📅 WELLBEING CALENDAR & ENGAGEMENT PLANNING

👥 TEAM

What types of **intervention** do you currently have in place?

Do you have the **balance** of approaches that's needed to make a **lasting impact**?



WELLBEING LEADERSHIP TRAINING

Leaders play a key part in shaping your organisation's wellbeing culture.

This training aims to equip senior leaders and line managers with the understanding, knowledge and skills to support their teams in the fluid environment of a new world of work.

They will gain knowledge around the most recent wellbeing trends and practices, and benefit from a unique opportunity for discussion and reflection before leaving with a tailored action plan for wellbeing.



Only 38% believe managers have the skills to have sensitive discussions and only 29% believe they are competent in spotting early warning signs of mental ill-health

CIPD Health & Wellbeing at Work 2022

MENOPAUSE AWARENESS TRAINING

Are you looking to make your organisation more menopause-friendly?

Organise a training for line-managers or colleagues, covering:

Key facts you may not know about menopause and work

Understanding some of the physiology foundations, symptoms and resulting experiences

The impact of diet and lifestyle for preventing symptoms and how employers can help

Your role as a manager and what you can do to help

How to have open and honest conversations around a sensitive topic

Dos and don'ts for supporting colleagues

Making adjustments for specific symptoms

Managing health issues affecting performance

Useful resources



SUPERCHAMPS

WELLBEING CHAMPIONS PROGRAMME

Whether you're looking to put in place a network of wellbeing champions, or to keep your current network engaged, SuperChamps offers a wealth of easily accessible support.

Your wellbeing champions will benefit from access to our growing community of members as well as our e-learning portal packed with monthly toolkits and resources.

Join our monthly live meetups featuring a range of compelling guest speakers on topics from mental health to financial wellbeing.

Sessions are CPD accredited.



THE CPD STANDARDS OFFICE
CPD PROVIDER: 41213
2022-2024
www.cpdstandards.com



We have recently subscribed to Superwellness to gain access to their portfolio of posters, toolbox talks, webinars on Health and Wellbeing topics. They have been brilliant to work with and are with you at every step of your journey with emails, Q&A sessions and nothing is ever a hassle to the team. The posters are great quality as are the webinars. We are really looking to working with the team in the future too.

Mandy Studholme



SUPERCHAMPS

CLUB

When you join SuperChamps, all of your team members who are wellbeing leads or champions will be invited to join our private LinkedIn and Whatsapp groups to network and share ideas with other wellbeing champions across different organisations and sectors.

You will also be invited to join our monthly live Q&A and network sessions where we discuss topics from mental health to ideas for communicating about wellbeing.



Network and share ideas with other **wellbeing champions** across different organisations and sectors

Come And Join Us On LinkedIn! 

Introductions

Please join the **SuperChamps Club** group on LinkedIn and answer the questions below in your post, so we get to know you!

<https://www.linkedin.com/groups/13966367/>

1 Post a selfie with your completed pledge certificate (in your tool Kit) 	4 Why do you want to be a SuperChamp? 
2 What's your name and what company do you work for? 	5 What do you want the programme to give you in a year's time, that you don't have now? 
3 What's your role? 	6 Tell us one fun thing about yourself 

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TOOLKIT EXAMPLE:

15-DAY CHALLENGE

All the templates you need to create a buzz with a mini-challenge including step by step instructions, poster announcements, guides and winner certificates



TOOLKIT EXAMPLE:

SLEEP HEALTH RESOURCES

Helpful resources including:

Toolbox talk template to facilitate wellbeing discussion among teams

Signposting and quick 'essential facts' sheets

Sleep Apps

Top 6 Sleep Apps
Sometimes we need a helping hand to help our mind and body switch off from the stresses of the day. Try one of our recommended apps to help you sleep more easily and soundly.

<p>1 Pzizz - NHS recommended https://pzizz.com/</p> <p>It uses 'binaural beats' - a mix of music, vibrations and sound effects designed using the latest clinical research - to help you sleep better at night or wake easier than during the day.</p>	<p>4 Slumber https://slumber.co.uk/</p> <p>This app offers a combination of experiences to help you fall asleep, whether it's meditation focused, a bedtime story series, or the sound of a warm blanket. You can also choose a background noise, such as rain or the ocean, to stay for up to 15 hours after the next track ends.</p>
<p>2 Headspace https://www.headspace.com/sleep</p> <p>Originally making a name for itself as a meditation app, it's also great for sleep with 'sleepcasts' which are like adult bedtime stories that help you relax using experiences, such as a cozy morning train or a walk through a garden.</p>	<p>5 Calm - Adults & children https://www.calm.com/</p> <p>Calm's app is super easy to use, and the Sleep Stories section has bedtime stories for kids and adults read aloud by people with soothing voices, including celebrities like Matthew McConaughey.</p>
<p>3 Noisli https://www.noisli.com/</p> <p>This super simple app lets you choose from a bunch of different sounds - thunder, wind, white noise, and even the buzz of a coffee shop to create your ideal sleep soundtrack.</p>	<p>6 Sleepiest - Adults & children https://www.sleepiest.com/</p> <p>This app is for adults and children with bedtime stories and also features auditory meditation techniques like white noise to ease bedtime routines. Push notifications on a child's phone can remind them it's time for sleep, getting them into good habits if they're on their phones in the evening, and soothing background music can help them drift off to sleep.</p>

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SUPER SLEEP CHALLENGE: Can You Complete at Least 10 Challenges a Week?

1 Get 10 mins natural light in the morning. Supporting your body's natural body clock.	MON	
2 Sleep in a darkened room. Darkness triggers melatonin, our key sleep hormone.	TUE	
3 Check your screen time - avoid blue light. Avoid screens altogether for 1hr - 2hrs before bed.	WED	
4 Consider your bedroom temperature. The ideal temp is said to be 16-18°C. Slightly cooler is better.	THUR	
5 Try a relaxing hot bath or shower before bedtime. Hot at least 30 mins before bed.	FRI	
6 Create a bedtime relaxing routine. Stimulate your parasympathetic nervous system - our calming side.	SAT	
7 Try a breathing exercise for at least 2 mins. Avoid caffeinated drinks after 1pm.	SUN	
8 Discover a herbal tea you love. Steep your plate.		
9 Avoid alcohol. Alcohol helps support blood sugar levels.		
10 Avoid blood sugar levels to drop in the night and wake you up.		

TOTAL CHALLENGES MET

ENERGY OUT OF 10 the next day

WOOO-OUT OF 10 the next day

HOURS SLEPT

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Sleep Essentials Fact Sheet

Getting quality sleep is vital to your productivity, energy, and mental and physical health. However, it may not always be easy to get the good quality or quantity of sleep you want or need. Work, responsibilities, our stage in life and overall health can all too easily be obstacles. You may also suffer from sleep problems or disorders. Below are links to places you can find helpful information, support and advice and Apps available to aid sleep.

The Sleep Council

- Advice for: Shift workers / Children / Teenagers / Parents / Over 55's / Jet lag
<https://sleepcouncil.org.uk/advice-support/sleep-advice/common-sleep-scenarios/>
- 7 Steps to A Better Night's Sleep Including even how to use colours and smell
<https://sleepcouncil.org.uk/advice-support/sleep-advice/7-steps-to-a-better-nights-sleep/>
- Links to sounds to aid sleep
<https://sleepcouncil.org.uk/advice-support/sleep-tools/>

NHS

- Healthy sleep tips for children. Not only is good sleep essential for your child's physical and mental wellbeing, if they don't sleep, you don't sleep!
<https://www.nhs.uk/live-well/sleep-and-tiredness/healthy-sleep-tips-for-children/>
- 10 tips to beat Insomnia - Simple lifestyle changes can make a world of difference to your quality of sleep.
<https://www.nhs.uk/live-well/sleep-and-tiredness/10-tips-to-beat-insomnia/>

The Help Guide

- Explore the different types and treatments of sleep problems and disorders such as insomnia, Sleep Apnea, snoring, Restless Legs Syndrome.
<https://www.helpguide.org/home-pages/sleep.htm>

Meditations

- Explore this guided body scan meditation to calm your body, bring mindful curiosity and openness to the present moment, and improve your quality of sleep.
<https://www.mindful.org/a-body-scan-meditation-to-help-you-sleep/>
- Breathing exercises aid in slowing down the body and mind and getting ready for sleep.
<https://www.youtube.com/watch?v=Uhb4RTUvHTE>

Recommended Books

- The Sleep Revolution: Transforming Your Life One Step At A Time - Arianna Huffington
- Why We Sleep: Unlocking The Power Of Sleep And Dreams - Matthew Walker
- The Sleep Solution: Why Your Sleep Is Broken And How to Fix It - W. Chris Winter
- The Book of Sleep: 75 Strategies To Relieve Insomnia - Dr. Nicole Moshfegh

Light Alarm Clocks to Aid Sleep & Waking

- Lumie Zest & Bodyclock Shine
- Philips Wake Up Light & Smartsleep Wake Up Light
- Coulux Wake Up Light - best budget

SuperWellness Favourites

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LIVE WEBINARS

Our live sessions are a great way to connect employees around a wellbeing topic and spark conversations and motivation to make positive changes.

With over 40 topics to choose from, our webinars have been carefully designed to provide eye-opening information in a way that feels accessible, inspiring and importantly, achievable.

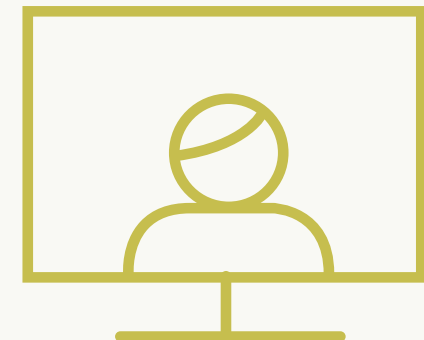
We'll work closely with you every step of the way to ensure your event is a success, from our 'done-for-you' promotional support and booking management to adapting the content to the context of your workplace, to providing high quality follow up resources, including recipes and handouts.

We'll carry out a mini feedback survey and provide you with a short report following the session including feedback and future topics of interest flagged by delegates

You'll also get to keep the session recording, which means that a greater number of employees will be able to access the session whenever they wish to.



With over **40 topics** to choose from, our **webinars** have been carefully designed to provide eye-opening information in a way that feels **accessible, inspiring** and importantly, **achievable**



ONSITE WELLBEING ACTIVITIES

Nothing quite matches the power of onsite activities for engaging employees, and importantly overcoming barriers to participation.

Choose from a half-day or full day session, tailored to your requirements. Together we'll design an agenda to best suit your objectives and create a memorable event.

This could include nutrition and wellbeing workshops, body composition testing, food demonstrations, smoothie competitions or drop in clinics.

And if you're looking to support lasting change, our 6-Week Healthy Kickstart programme and 3-Month SuperWellness Challenge have been tried and tested to achieve measurable results and build long-term engagement.



BODY COMPOSITION TESTING

Receiving a body composition test and lifestyle coaching is a powerful motivator for participants to begin and maintain beneficial lifestyle changes.

Tests are carried out individually either as a drop-in, or in the context of 30-minute private group sessions for up to 6 people. Privacy is ensured for each individual's test, which is then followed by an interactive Q&A session explaining how to interpret the numbers, joining the dots with health risk factors and nutritional advice to improve results.

We recommend where possible including body composition testing at regular intervals to provide your employees with ongoing support and helpful accountability, whether once or twice a year or every 3 months.



A powerful **motivator** for participants to **begin** and **maintain** beneficial **lifestyle changes**

FOOD DEMOS

Our popular food demos are tailored to your requirements. Focus on easy healthy lunch boxes, breakfast or snack ideas, or tasty and nutritious smoothies. They can also incorporate an overall theme and work alongside a workshop, such as 'food for the mind', 'immune health' or 'healthy meal planning for shift work'

Our facilitators will demonstrate how to make the food whilst explaining the benefits of the ingredients and practical aspects.

We can also incorporate zinc taste test, a fun test using a zinc solution to highlight levels of zinc in the body—zinc is an important mineral for many functions from brain to immune and skin health.

If you have onsite caterers, we'll be happy to share the recipes so they can provide a healthy lunch or snack that fits the theme



6-WEEK KICKSTART & 3-MONTH CHALLENGE PROGRAMMES

Whilst webinars are a great way to spark engagement around wellbeing, our longer-term programmes are designed to support participants to put lasting lifestyle changes into practice.

Choose from our 6-week 'healthy kickstart' programme or 3-month challenges for an approach which blends education, group coaching, behaviour-change science with fun and healthy competition.

Tried-and-tested across multiple work environments (both on-site and online) since 2014, a programme will create a buzz and provide you with measurable outcomes for your wellbeing programme.



Engage and inspire
employees



CONTENT SUBSCRIPTION

Each month you'll receive a complete package of content aligned with relevant seasonal wellbeing campaigns, including:



A 20-minute video



2 recipes



An infographic poster



A newsletter article

You'll receive the content around 10 days before the start of each month. Presented as an email with downloadable elements, you can choose to download them and use them within your own communications, or simply forward the email as a 'done-for-you' wellbeing newsletter.



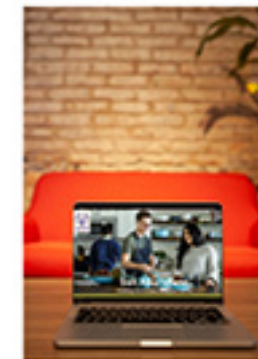
Design your programme using our **SuperWellness Activity Planner**



We hope you enjoy this February edition:

Salt Awareness

Click on the images below to download each resource:



CONTENT SUBSCRIPTION

EXAMPLE INFOGRAPHIC POSTERS

Our popular infographic posters provide carefully researched overviews of wellbeing topics in a way that's concise, highly visual and easy to digest.

Share them electronically or print them and display them in different locations: by the coffee machine, in bathrooms, workshops, break rooms and depots.



Highly **visual** and **easy to digest**

CASE STUDIES

Charterhouse: a leading London Accountancy firm reports on results for employee physical and mental health after running the Challenge virtually during lockdown (additional press coverage by [Employeebenefits.com](https://www.employeebenefits.com) and [interview with Charterhouse Head of HR Rut Stefansdottir](#))

Real Estate Management (The Shard): the Challenge programme, completed in winter 2019, leads to a significant reduction in metabolic age among participants

National Oceanography Centre: runs programme of wellbeing events across 2019 and 2020

P&O Ferries: SuperWellness Challenge rolled out across all cross-Channel ferries following significant reduction in sickness absence

AmcoGiffen: SuperWellness Challenge roll-out across three of the rail construction company's sites

The Stafford London: 5-Star hotel reaps the benefits for employees after investing in the SuperWellness Challenge for its employees

Blue Apple: the catering company sees improvement in employee sleep statistics following the SuperWellness Challenge

Incisive Media: employees reduce wellness risk by 25% following the SuperWellness Challenge

Kuoni: the travel company saw measurable improvements to employee health after completing the SuperWellness Challenge

Futamura: this leading manufacturer of sustainable materials for packaging joined SuperChamps in July 2021

WHY WORK WITH US?

Since SuperWellness was founded, in 2011, we've worked with over 300 organisations across many different industries.






Our team of fully-qualified registered nutrition & wellbeing practitioners are experts in delivering workplace programmes.

We are known for our down-to-earth, practical approach as well as our high standards in content, delivery and the support we provide to help make your wellbeing programme a success.



KEEP IN TOUCH

Connect with us on Social Media

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-  @SuperWellnessNutrition
-  @SuperWellness

www.superwellness.co.uk
info@superwellness.co.uk
0845 370 4070

[Link](#) to webinar menu
[Link](#) to **SuperChamps** programmes

