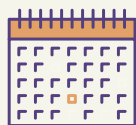




Live Events Menu

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

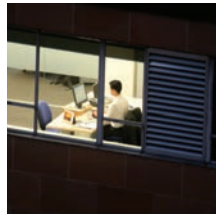
An eye opening introduction to healthy eating and its impact on physical and mental health. This session covers the foundations:

- 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.



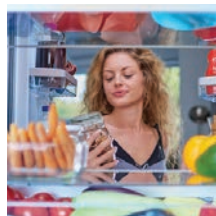
DETOX AND RE-ENERGISE

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



THE SUPER WFH NUTRITION AND EXERCISE PLAN

5 steps to thriving when working remotely, from structuring your day to creating a healthy environment at home.



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.



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

GENERAL WELLBEING

Webinars and Workshops

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.

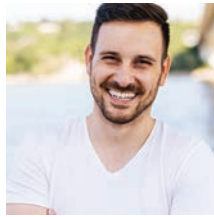


MEN'S & WOMEN'S HEALTH

Webinars and Workshops

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.



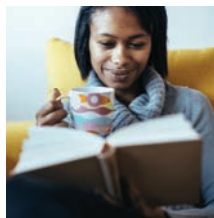
WOMEN'S HEALTH

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.



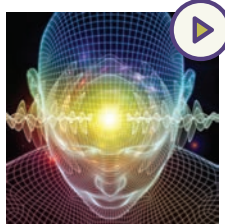
UNDERSTANDING ANXIETY

The physiology of anxiety, and the diet and lifestyle habits that help improve our coping mechanisms.



IN PRACTICE: MINDFULNESS, VISUALISATION AND MEDITATION

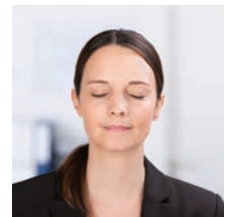
3 powerful practices which you can use to de-stress and gain strength in times of uncertainty and adversity.



Available as a webinar only

BUILDING RESILIENCE

Learn to relax and create a strong and positive mindset, 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

Packed with information to help you have a better understanding of how the brain works and to find a host of ways to improve cognitive performance.



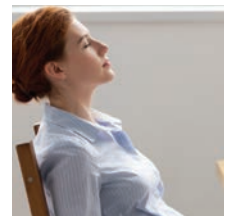
THE POWER OF SOCIAL WELLBEING

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



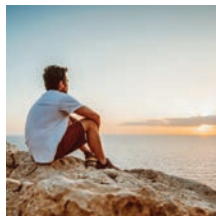
MANAGING UNCERTAINTY

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'.



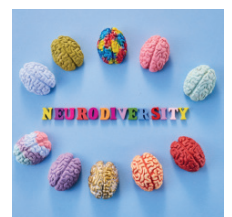
MASTERING SELF-BELIEF: TACKLING THE 'IMPOSTER PHENOMENON' IN THE WORKPLACE

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.



PREVENTION OF ILL-HEALTH

Webinars and Workshops

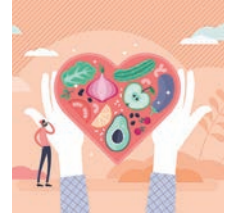
IMMUNE BOOST

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.



SLEEP, ENERGY & FATIGUE

Webinars and Workshops

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.



PHYSICAL ACTIVITY

Webinars and Workshops

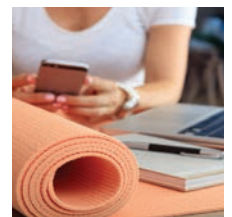
BOOST YOUR FITNESS

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'.



PHYSICAL ACTIVITY

Webinars and Workshops

REVITALISE AND ENERGISE EVERYDAY

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



STAGES OF LIFE

Webinars and Workshops

KIDS' NUTRITION

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



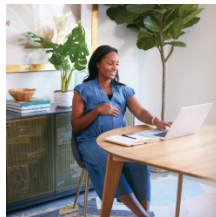
EMBRACING LIFE AS A NEW PARENT

Take a journey on the ups and downs of new parenthood and how to embrace time off with your new-born.



FERTILITY, PREGNANCY AND HEALTHY BABY

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



HEALTHY AGEING

Understand the science of ageing and gain practical advice for a vibrant later life.



ON-SITE ACTIVITIES

Workshops

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 LEADERSHIP TRAINING




Equip leaders and managers with the understanding, knowledge and skills to support and promote the success of the organisation's wellbeing strategy.



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

www.superwellness.co.uk

Connect with us on Social Media

-  Superwellness Ltd
-  SuperWellness_Wellbeing
-  @SuperWellness

