

Wellbeing events

We can support Organisations who want to plan a programme of events over the year or alternatively want to focus on a particular theme as a result of trend analysis such as reasons for sickness absence.



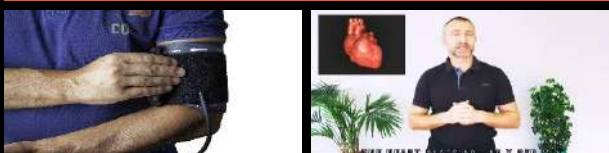
Back health: Includes core stability classes, posture awareness, massage therapy & workstation advice



Physical activity: Group personal training, health checks, education events & wellbeing action plans



Mental Health: Awareness workshops, resilience building, education resources & strategy guidance



Heart health: Health checks, awareness workshops, lifesaving skills (CPR /defib) & education events



General health & Nutrition: Hydration/healthy eating workshops and weight management courses

About us & Contact details

Coaching Healthy

www.coachinghealthy.co.uk

info@coachinghealthy.co.uk

07551 009 928



Tony started out in the fitness industry as a successful Personal Trainer before moving into Corporate Wellbeing and then more recently Health & Safety.

Following years of experience working with other workplace wellbeing providers Tony saw an opportunity to offer employees of all roles a more personal and affordable approach to support their wellbeing goals and Coaching Healthy was born.

Mental Health First Aider
Master Personal Trainer
Sports Therapist
Workplace Wellbeing
Health & Safety
First Aid Trainer
Workplace Coach

Coaching Healthy.

Employee health & wellbeing specialists



Services

Consultancy	Packages
Wellbeing Strategy	On site health checks
Health & Safety	Personal action plans
Audit & assessment	Wellbeing portal
Accredited training	On line coaching
Awareness workshops	Regular reviews
Health events	Progress plans

Free consultation

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Consultancy & Training



Coaching Healthy offers a free consultation to discuss your business needs and can provide a support service including:

Wellbeing strategy

Annual planner

Champion training

Proposal developing

On site delivery

Accredited training



We assess your business needs and support your strategy

We provide onsite delivery of training and awareness workshops



Wellbeing Courses & Packages



Platinum

12 week course includes health assessment, weekly group fitness class, personal on line action plan and on going coaching. **(min of 6 people)**

£120 per person

Gold

Includes on site health assessment, personal wellbeing action plan, **quarterly** on site follow up, review and progression plan. **(min of 20 people)**

£20 per person subscription

Silver

Includes on site health assessment, personal wellbeing action plan, **annual** on site follow up, review and progression plan. **(min of 20 people)**

£15 per person subscription

Bronze

Includes access to all on line resources and on-going coaching.

£10 per person subscription

Personal Wellbeing Action Plans

Following a comprehensive health assessment employees are provided with their personal wellbeing action plan which includes home-based conditioning programmes, educational resources, back care programmes and access to coaching.



12-week programme



Heart health



Back mobility



Back health awareness



Core stability



Posture correction



Desk exercises



Stress awareness



Preparing for work



First aid refresher