

“There is a compelling case for employers to act decisively to improve the health and wellbeing of the working-age population.

A new approach is critically important to secure economic growth and prevent short-term illness progressing to long-term sickness absence.”

*Dame Carol Black's Review of the health of Britain's Working Age Population, 2008*

**Improving your employee health and wellbeing results in**



**High calibre employees  
Lower staff turnover  
and  
Positive financial impact**



**GOOD HEALTH = GOOD BUSINESS!**

The Health & Wellbeing Coaching Programme takes a holistic approach to all aspects of health and wellbeing and is delivered by qualified Wellbeing Coach, NLP Practitioner, Life Coach and Health & Wellbeing expert, Tania Le Marinel



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## Health & Wellbeing Coaching Programme



**Is the health of your employees costing your business money?**

**Specialist health and wellbeing support to improve employee wellbeing and develop healthy workplaces**



## KEEPING YOUR STAFF HEALTHY KEEPS THEM AT WORK

Managing and developing personal wellbeing is now an essential strand of any company's business strategy.

Interventions which help employees cope effectively with change both at work (uncertainty, new roles, redundancy, retirement) and in their personal lives (divorce, caring responsibilities, financial problems, bereavement and illness etc.) can prevent serious mental health issues from developing such as anxiety, stress and depression.



Wellbeing coaching support at an early stage provides a useful framework to help employees develop personal resilience strategies and reduce the risk of absence through ill-health. This is achieved using positive psychology, life coaching techniques and NLP (*neuro-linguistic programming*).

## THE HEALTH & WELLBEING COACHING PROGRAMME INCLUDES:

**Five workshops** to raise awareness of the importance of health and wellbeing:

1. Introduction to Wellbeing
2. Developing Personal Wellbeing
3. Planning for Wellbeing
4. Managing Wellbeing
5. Leading Wellbeing

These workshops will be tailored to your business needs and are suitable for:

- Leaders
- Managers
- Employees

Each workshop can be delivered at the employer's premises or at a location off-site according to client requirements.

**One-to-one personal coaching support** to help employees increase confidence, improve decision-making skills and develop personal coping strategies.

These individual coaching sessions will be delivered at a location to be agreed with the employer/employee.



**1 in 4 people will suffer from a mental health issue this year.**

*(Mental Health Foundation, 2011)*

## THE HEALTH AND WELLBEING COACHING PROGRAMME IS DESIGNED TO:

- Reduce sickness absence and associated costs
- Combat stress in the workplace
- Improve productivity
- Help sustain healthier and happier employees
- Promote sustainable behaviour change
- Reduce the need for employees to seek medical intervention
- Improve your business image



Following the Programme employees will have:

- Greater self-awareness leading to improved personal responsibility for their own health and wellbeing
- The ability to cope more positively with change

**THE PROGRAMME IS DESIGNED TO SUPPORT WIDER ACTIVITY ON EMPLOYEE HEALTH AND WELLBEING.**