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Employee wellbeing, powered by Via Vita

*Making a positive impact on employees'
physical and mental wellbeing*

**We do employee wellbeing
a bit differently. Never a
one-size-fits-all programme,**

ours are much more tailor-made.

We use individual and small group consultations, training, workshops, campaigns, digital content, health tech, screening and research to make sure employees achieve a better work/life balance.

We use a four stage approach:

1. Consult: We take time to get to know the company properly

2. Create: We develop a bespoke health and employee wellbeing programme

3. Engage: Always looking for ways to engage employees

4. Analyse: How's it working? We report, learn and improve

Campaign days, events and activities

So, how do employers keep wellbeing front of mind? By running monthly awareness events supporting mental health, healthy eating, hydration, stress, physical activity or men's and women's health. We'll co-ordinate these and provide all of the supporting materials.

We can help employers with:

- Health advice stands
- Cooking demonstrations
- Workshops or webinars
- Inspirational speakers
- Smoothie bikes
- Campaign toolkits
- Activity sessions

We can also organise employee wellbeing activities that support employees' physical health. These can be either one-off sessions, or as a block of 6–12 sessions:

- Massage days
- Posture workshops
- Yoga
- Bootcamps
- Skipping
- Boxfit
- Mindfulness
- Wheelchair basketball
- Sports tournaments
- Mini-Olympics
- Team building challenges

Get in touch

Want to know more?

Make a positive impact on the health and wellbeing of your employees.

We'd love to talk to you about our employee wellbeing programmes.

You can get in touch with us on **email** or over the phone on **0121 454 3601**.

First name Last name

Telephone number Email address Company name

Number of employees in company

Confirm your preferred method(s) of contact:

☐ email ☐ phone

Read our full privacy policy [here](#).

Find out more about our health and wellbeing services:
[Our services](#)

Mental health first-aid training

We get that mental health subjects like stress, anxiety and depression, may be easier for employees to chat to their work mates about. So we train up wellbeing champions who you can rely on to help support other employees and spread the word. We don't forget managers and directors, either, as it can be difficult to get your head around often complex and sensitive issues.

- **Mental health first-aid training and follow-up support programmes**
- **Resilience training hub**
- **Manager and director programmes**
- **Wellbeing champion training and support programmes**
- **Wellbeing modules for induction training**
- **Workshops (1-hour, half day, full day) on a variety of topics**
- **Wellbeing webinars and podcasts**

[Get in touch](#)

Wellbeing services:

- FREE wellbeing consultancy service: we survey, consult and run workshops/focus groups to get to know businesses across all departments
- Wellbeing education that helps employees lead a healthier, more active lifestyle
- Digital wellbeing content for employees who are located in different offices, work remotely or flexibly – like emails, quizzes and challenges
- Physical resources: posters, flyers and wellbeing rewards
- Wellbeing, physiotherapy and massage clinics – 121 consultation days, where employees book a 30-minute appointment with a wellbeing consultant, physiotherapist or massage therapist
- Psychological healthcare case management: immediate and easy access to psychological healthcare from over 2,000 clinical experts

- Training services for managers dealing with mental health – challenging situations, recognising triggers, mindfulness, change and transition, resilience training and online videos
- Onsite employee health checks: ideal for helping employees identify their own health risks – 15-60 mins
- Online lifestyle assessment: allows employees to find out about their individual wellbeing and lifestyle risks, offering online resources and support
- Health kiosk: employees can monitor their own health and lifestyle, including weight and BMI, body fat, blood pressure, heart rate and heart age

Monthly wellbeing programme: We also have ready-made and cost-effective monthly wellbeing packages available.

For a FREE wellbeing consultation, or more info about any of our wellbeing services, get in touch or [download our brochure here](#).

[Get in touch](#)

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