

## CORPORATE WELLNESS WITH SUZY GLASKIE

### Improved wellbeing is good for business.

Rates of depression across all sectors of our workforce are rocketing and the number of employees taking long-term absence with stress-induced conditions is at an all-time high.

Your team members' wellbeing might need attention if they:

- Feel overwhelmed by the daily pressures of their job
- Fall behind constantly and find it difficult to get on top of their workload
- Use coffee and junk food as a crutch to get through the day
- Suffer from anxiety and/or depression
- Struggle to switch off at home and check emails late at night
- Have difficulty sleeping and feel constantly exhausted
- Self-medicate with alcohol, sugar, Netflix, social media or gaming
- See their homelife and relationships being eroded due to work stress

The smartest companies know that investing in their team's wellbeing not only helps individuals, but it also leads to enhanced business performance.



“

If you're looking for someone to strike an authentic connection with your team, you have to work with Suzy. ”

Lilla Piotrowska, Talent Partner, Fanatics Inc.



## Speaking from Experience

After over two decades ensconced in the corporate world, Suzy has personal experience of the impact of stress, poor diet and a sedentary lifestyle on health and productivity.

Now in her 50s, Suzy left behind an award-winning career in marketing to follow her heart and retrain as a Functional Medicine Certified Health Coach.

Her practice, Peppermint Wellness, specialises in corporate wellness and has worked with the likes of Savills, Home Bargains, Health Shield, N Brown, Beaverbrooks and O2.

# How Suzy can help you

Suzy helps forward-thinking businesses to support their teams and improve their bottom line through:

- Bespoke corporate health coaching programmes
- Stand-alone workshops at your offices
- Online webinars

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We were delighted to see an immediate, marked increase not only in individuals' energy levels and focus but an overwhelming boost in positivity and overall morale. ”

**Daniel Nolan**, Managing director at theEword.

## Some of the topics Suzy covers include:

- Quick, easy and effective stress-reducing techniques that can be used at work
- Self-care and establishing a work/life balance
- How to improve our sleep
- How to eat to maintain energy levels, mental focus and emotional resilience

## The results of investing in corporate wellbeing coaching include:

- Employees with more energy, focus and mental clarity
- Increased productivity
- Reduced stress, anxiety and mood swings
- Improved loyalty and retention
- Reduced absenteeism and healthcare costs due to overall better health
- A more positive, relaxed workplace with higher morale

“

Feedback from participants has been excellent: they really felt that they benefited from attending and have since felt tangible improvements in their wellbeing. ”

**Liz Ling**, HR Business Partner, Morgan Sindall.

## Speak to Suzy

To find out more about how Suzy can help your organisation, get in touch:



[www.peppermintwellness.co.uk](http://www.peppermintwellness.co.uk)



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