



## WHY SHOULD AN ORGANISATION SIGN UP FOR THE ZEST WELLBEING HUB?

The Hub is an employee benefit programme just like things such as health insurance, gym membership, employee engagement systems and reward schemes. It's another 'string in the bow' for organisations to make available to their workforce.

Some employees will make use of it regularly, some less frequently and some not at all. For some people, it can be like an insurance policy that is simply there when needed. Or to use another analogy, think of it like any monthly service that an organisation might sign up for. Some people will never use it whereas others will do so frequently but the organisation has the facility available for all its staff just as and when required.

Recent studies by Deloitte have found that organisations can gain a 5 to 1 return on investment for employee wellbeing programmes in terms of fewer sick days and higher productivity levels.

With pricing starting from **less than £1 per person** per month you are getting all this. By comparison, if you were, for example, to take out a subscription to a mindfulness app (there are several to choose from), the cost would be in the region of at least £3 per person per month - and that's just for mindfulness and not all the other resources.

### REMEMBER TOO THAT OUR SERVICE IS NOT JUST ABOUT ACCESSING AN ONLINE PORTAL...

In addition to the resources on the Hub itself (which covers all aspects of wellbeing), you also get such 'extras' as:

- **ZestCasts:** These are our 45 minute webinars where an expert contributor is interviewed on their specialist topic. Typically, 2 of these per month.
- **ZestChats:** These are 15 minute long recorded chats with people who have inspirational stories or with our expert contributors.
- **Regular updates covering the current month's theme.** For example, February's theme was heart health to tie in with National Heart Month. And March had a focus on sleep.
- **Access to our directory of expert contributors** should you wish to engage directly on a particular topic/subject matter.
- **Quarterly online planning sessions** with key contact to optimise the organisation's wellbeing initiatives.
- **Working with you** to provide ad hoc advice so that you can get the best out of any workplace wellbeing initiatives you may wish to run for your teams.

### WHAT ONE OUR CLIENTS RECENTLY SAID...

“ We never talked about wellbeing or mental health before. So, it was really interesting signing up for Rachel's programme. We thought the team would never go for it and that they would just roll their eyes, but everyone said, “yeah let's give it a go” and then people were messaging me afterwards saying “really brilliant” and “thanks for getting Rachel on, that's just what we need”. And all of a sudden, we're talking about how well each other is sleeping and are we getting outside for some daylight! We're just a bunch of techie blokes. We never spoke about that sort of stuff before.”

If this sounds like something your organisation could use, please email [hello@wakeupwithzest.com](mailto:hello@wakeupwithzest.com) and let's arrange an initial chat.

[www.wakeupwithzest.com](http://www.wakeupwithzest.com) and [www.zestwellbeinghub.com](http://www.zestwellbeinghub.com)