



business
health institute
WELLBEING AT WORK

Unlock Energy to power extraordinary Leadership

As business leaders, we understand that maintaining a strong and vibrant state of health and energy for long-term business success is non-negotiable.

Our **Leader Programmes** are uniquely designed using accurate physiological and psychometric insights combined with expert support to provide you with:

- **Personal positive mental health and overall wellbeing**
- **Work-life balance**
- **Optimal health for business longevity**





business
health institute
WELLBEING AT WORK

Our **Gold** package – is your foundational support, boosting individual performance and sparking growth.


Don't miss out on this opportunity to supercharge your leadership journey and thrive in the world of business. Join our dynamic group programme and unlock the gold standard in leader development.


★ **Gold Package Highlights:**


In a peer group setting, you'll understand your confidential well-being report and collectively work on optimising goals


- Understand how to optimise stress, sleep, and exercise for your well-being.
- Boost emotional and mental health for high-pressure work settings.
- Stay accountable and motivated for lasting lifestyle changes.
- Develop a sustainable path to success as a leader.

What's Included:

 **Stress Assess™:** Receive a confidential, personalised stress report identifying key stressors and sources. Witness your transformation through re-measurement.

 **Firstbeat Life™:** Get a lifetime monitor with invaluable well-being insights and a 3-month license for personalised HRV analysis and 3D motion tracking.

 **Group Report Feedback:** In a group setting you will understand your personalised report and discover how to optimise well-being based on your individual insights, covering stress, sleep, rest and recovery.

 **3 Group Workshops:** Engage in interactive workshops focused on enhancing your well-being. Topics include stress management, recovery strategies, and sleep optimisation.




Introducing the **Platinum** Leadership Development Package: Elevate your leadership to new heights with a **personalised** journey. Tailored to unleash your potential, drive unprecedented performance, and secure lasting growth.


Maximize Your Leadership Impact with Platinum Package:


- Personalised stress, sleep, and exercise guidance for your well-being.
- Boost emotional and mental health for high-pressure work settings.
- Stay accountable and motivated for lasting lifestyle changes.
- Develop a sustainable path to success as a leader.

What's Included:

 **Stress Assess™:** Receive a confidential, personalised stress report identifying key stressors and sources. Witness your transformation through re-measurement.

 **Firstbeat Life™:** Get a lifetime monitor with invaluable well-being insights and a 3-month license for personalised HRV analysis and 3D motion tracking.

 **Personal Report Feedback:** Receive a personalised report based on your individual insights, covering stress, sleep, rest and recovery.

 **3 Individual Inside-Out Coaching Sessions:** Receive 3 one-on-one coaching sessions and 'touch' points based on your unique insights from your personal physiological and psychometric reports. Benefit from expert advice, guidance and goal support to optimise your overall well-being, stress management, rest, recovery and sleep.

Don't miss out on this incredible opportunity to become an exceptional leader. Begin your personal transformation today – contact us now on:

E: info@businesshealthinstitute.co.uk

T: 01772 349584



business
health institute
WELLBEING AT WORK

	Gold	Platinum
Stress Assess™	✓	✓
Firstbeat Life™	✓	✓
Group Management Feedback	✓	
3 Group Workshops	✓	✓
One-on-One Guidance and Inside-Out Coaching*		✓
Personalised Custom Strategy		✓

*additional sessions can be purchased if required