

Mental & Physical Health For Employees



Do you want to reduce the cost to your business of sickness and absenteeism? Reduce attrition rates? Increase productivity? Foster better relationships?

More than 1 in 7 people are experiencing mental health problems in the workplace and many more are not reporting their challenges.

Better mental health in the workplace could save UK businesses upto £8 billion a year from lost productivity and absences.

Whether you have been struggling with the health and wellbeing of staff or just want to support the health of your staff in the best possible way, our team of mindset experts, therapists, nutritionists and physical wellbeing specialists can ensure you sustain a healthy and engaged culture in your business around mental health and physical wellbeing.

We can help with everything from helping you build a full 12 month wellbeing engagement plan to one off wellness days with mental and physical health activities and workshops.



Mental Health Awareness



Stress Management



Anxiety Management



Resilience



Physical Wellbeing



Nutrition



Focus & Productivity



Effective Communication

Mental & Physical Health For Employees



We deliver ways to reduce costs by helping you increase the Health and Wellbeing of your organisation.

Mental Health Awareness

Using presentations and workshops to educate employees on the physiology of mental health and the subconscious mind. For anyone struggling with stress, anxiety or depression understanding the physiology, and how and why people may react the way they do is a powerful well being tool.

Physical Wellbeing

Providing a massage service in the workplace to reduce tension and re-energise employees, leaving them with a feeling of being valued. Office fitness activities for all levels to encourage physical activity through energising movements that can be done at a desk and in the office environment.

Stress and Anxiety Management

Workshops to educate employees on the root cause of stress and anxiety and provide tools they can use to manage their mental health. Educating employees on how to interact and communicate with colleagues who may themselves be struggling with Anxiety, Stress or Depression.

Nutrition

Using presentations and workshops to educate employees on the impact of their diet on energy levels, attention, alertness and mood. Providing invaluable information on the physiology of nutrition and how to make better choices that don't leave you feeling restricted.

Effective Communication

Communication is the cornerstone of all businesses and done poorly can cost £1000's in lost productivity. With so many methods and tools available in the modern workspace and home / hybrid workers its even more vital than ever. We teach employees how to have positive effective conversations using the right tool and the right time.

Resilience

Teaching employees skills and techniques to improve resilience and manage their mental health through training and workshops. Meditation and mindfulness workshops. Learning Understanding self and others through self awareness and changing perception of the people in their teams and organisation.

Focus and Productivity

Presentations and workshops available to give employees a range of tools to foster better focus and productivity in the busiest of environments. Skills include task management, self capability assessments, retrospectives, assessing the likelihood of success, effective escalation and problem solving amongst others.

Holistic Therapies

Treating the mind and body as a whole, Holistic Therapies have gained huge traction as a means of reducing stress and anxiety, increasing energy levels and fostering a positive outlook. Adding holistic therapies such as sounds baths, reflexology, Reiki and Hypnosis to your wellness days will leave employees feeling energised and valued.

Wellbeing Engagement Planning

Providing professional expertise to support your business in creating a wellness engagement plan for your staff. Catering for everything from one off events to 1 week, 1 month up to 12 month engagement plans to ensure your employees are in the best state of health that can be while in the workplace to leave them feeling engaged and valued and minimise the impact to your business of lost productivity from mental health challenges.

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