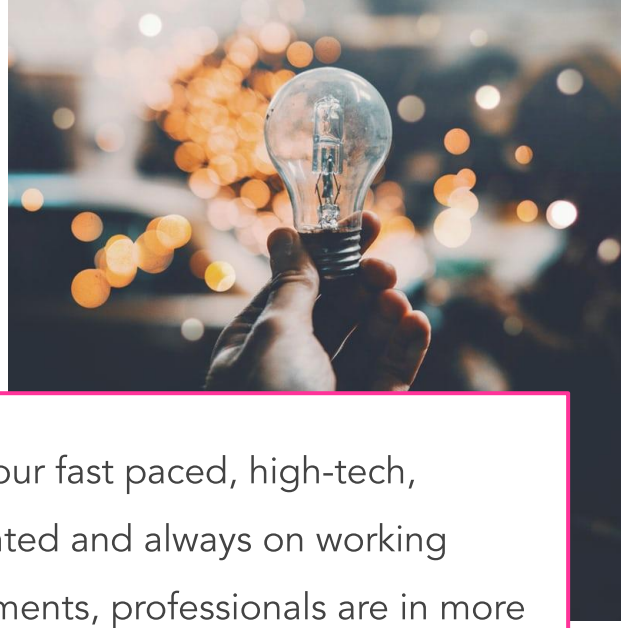
INSYNC

WELLBEING PROGRAMMING //

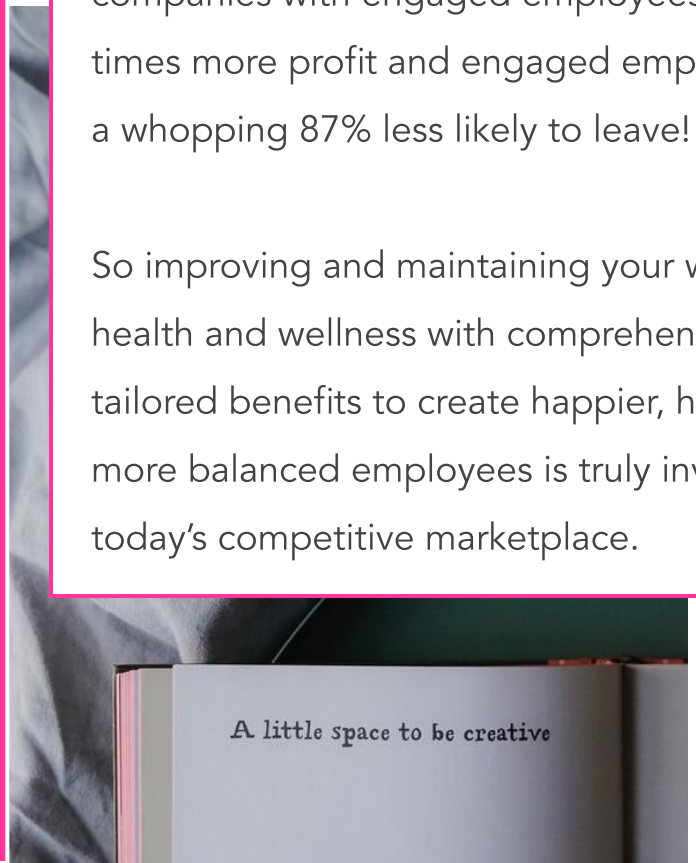
WELLBEING PROGRAMMING //

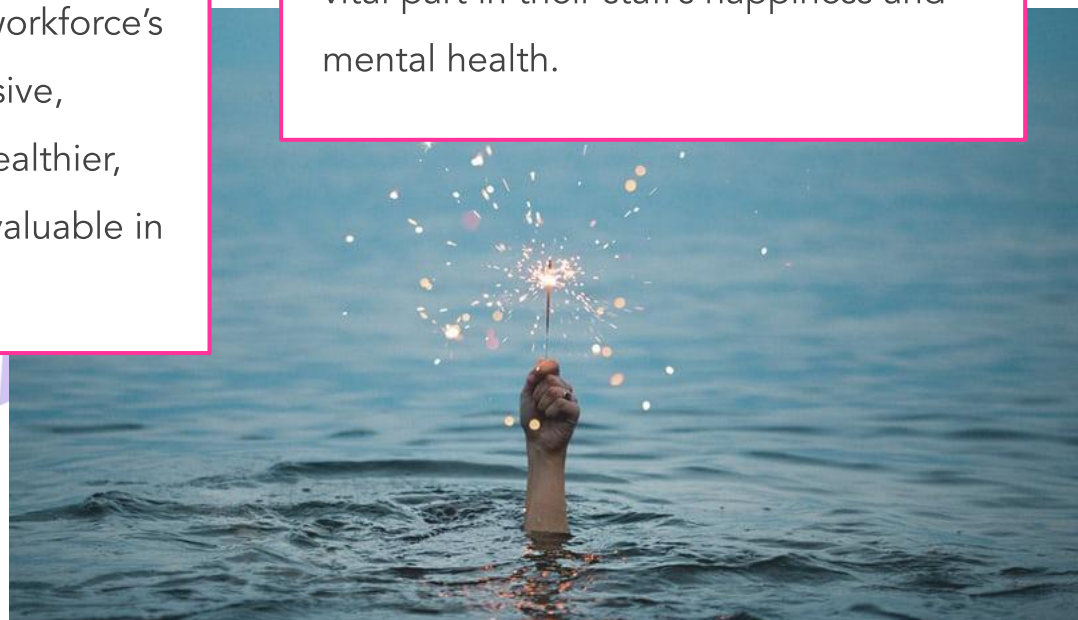
Employees are a company's greatest asset. Healthier people undoubtedly produce stronger results and are ultimately more engaged and effective in the workplace - yielding more productivity, increased focus, and enhanced creativity. In fact, studies show companies with engaged employees make 2.5 times more profit and engaged employees are a whopping 87% less likely to leave!

So improving and maintaining your workforce's health and wellness with comprehensive, tailored benefits to create happier, healthier, more balanced employees is truly invaluable in today's competitive marketplace.



Due to our fast paced, high-tech, fragmented and always on working environments, professionals are in more need of health and wellness than ever before - meaning employers can play a vital part in their staff's happiness and mental health.





THE STATS //

- 35.1% of employees reported having felt unwell as a consequence of work-related stress or 'burnout'
- 39% of people who say they are considering leaving say that they feel undervalued
- Employee disengagement costs the UK economy £340bn a year
- Employees who feel their voice is heard are 4.6 times more likely to feel empowered to perform their best work
- 96% of employees believe showing empathy is an important way to advance employee retention

- 75% of UK companies now have a wellbeing programme
- Research shows that companies save £2-5 for every £1 invested in wellness programs
- Other benefits include less sick days, increased job satisfaction and enhanced office community
- Company events are a great way to highlight the company's core values & mission

WELLBEING PROGRAMMING //

Our eclectic programme of talks, workshops, activities and experiences offers engaging and sustainable ways to boost wellbeing and foster a positive environment within the workplace, benefitting both individuals and the collective team.

Like all skills, maintaining good wellbeing takes regular practice. As much as you can learn some invaluable lessons from a one-off session, real progress comes from a carefully curated course, and we offer weekly or monthly bespoke programmes, tailored to suit your company's needs, specific goals and requirements.

Read on for a selection of ideas across the following topics:

- ➔ NUTRITION
- ➔ MENTAL HEALTH&MINDFULNESS
- ➔ CREATIVITY
- ➔ MOVEMENT
- ➔ CONSCIOUS LIVING
- ➔ WORK LIFE BALANCE

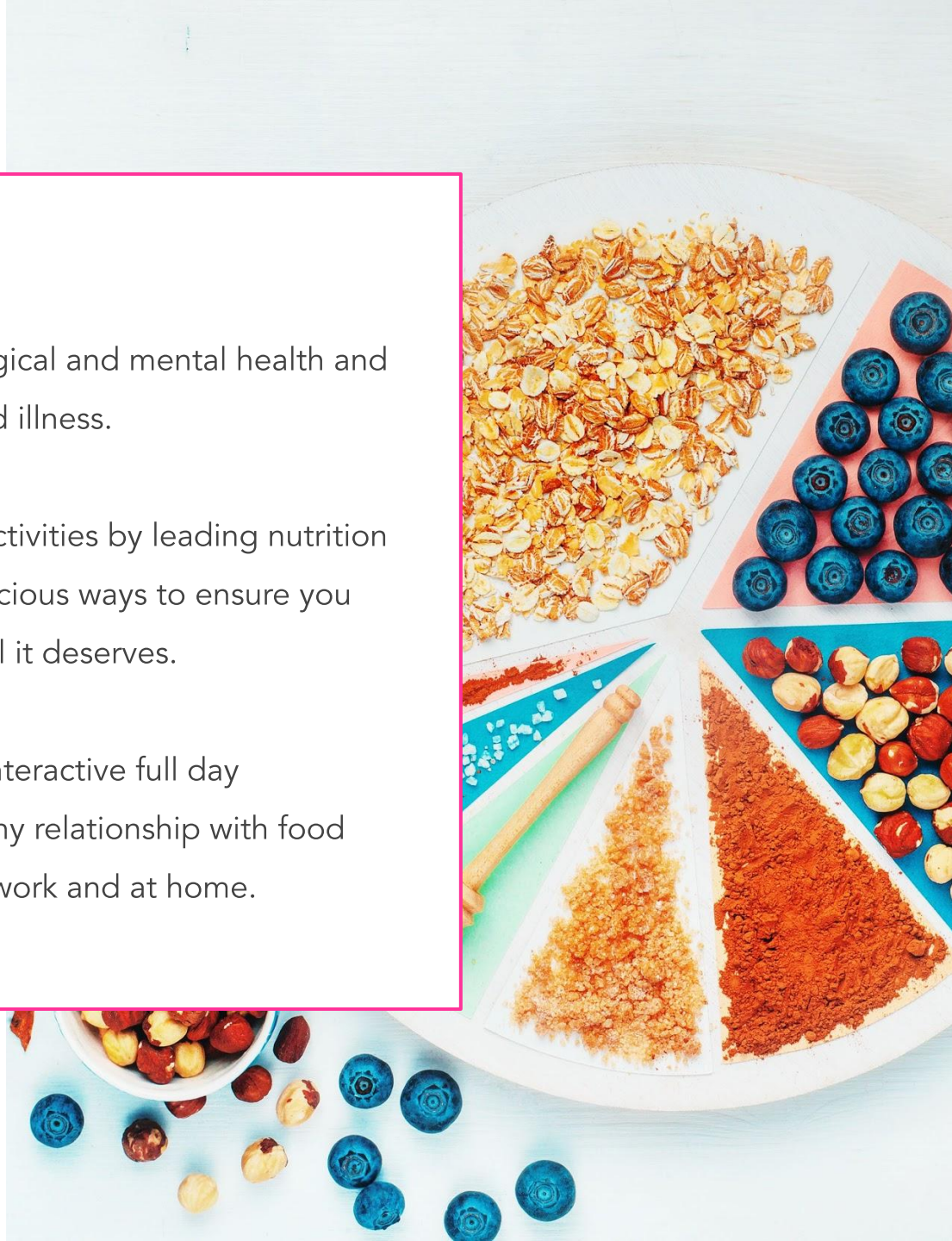
NUTRITION //

We are what we eat.

Eating well is fundamental to our physiological and mental health and poor nutrition is closely linked to stress and illness.

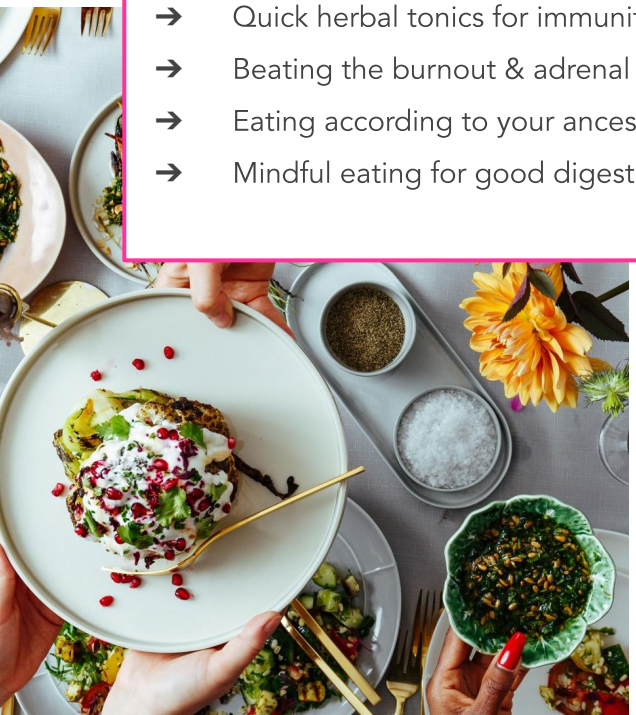
Our programme of workshops, talks and activities by leading nutrition experts will introduce simple, fun, and delicious ways to ensure you treat your body with the love, care and fuel it deserves.

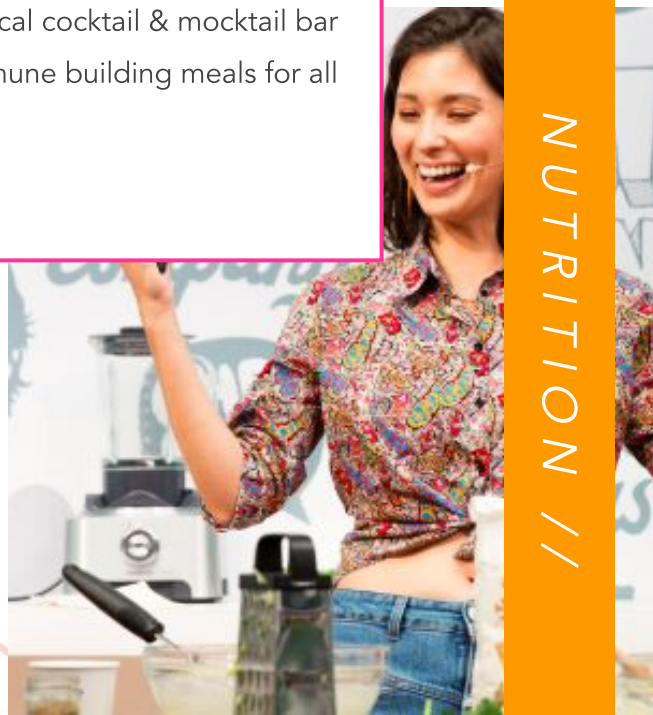
From quick masterclasses in the office to interactive full day demonstrations, ensure a happy and healthy relationship with food and, consequently, overall productivity at work and at home.



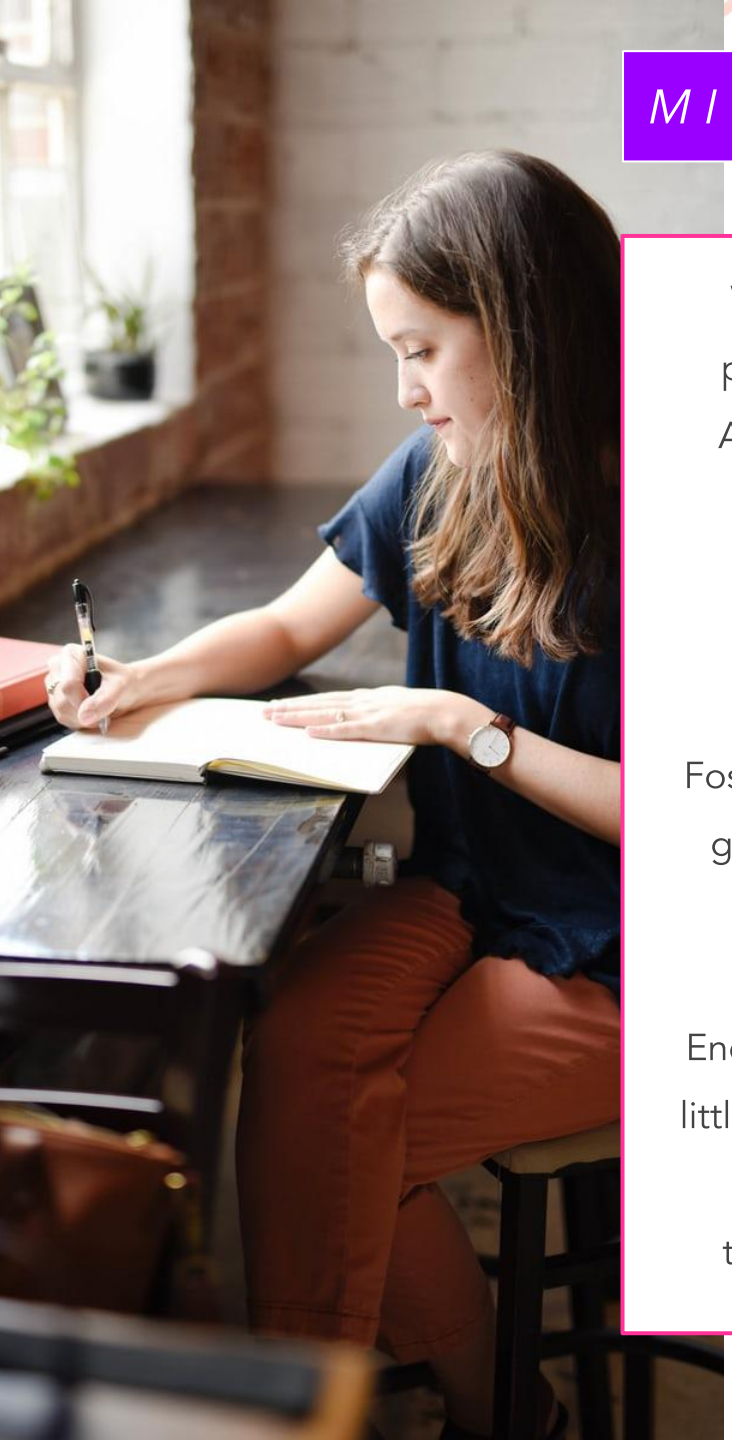
SELECTED TOPICS + EXPERIENCES //

- Cooking workshops hosted by top nutritionists and naturopaths
- Pop-up juice bar with tailored cleanse programmes
- Quick healthy on-the-go snack demos & taster tables
- Eating organically & ethically on a budget
- Plant-based meal ideas
- Healthy gut for a healthy mind
- Quick herbal tonics for immunity
- Beating the burnout & adrenal fatigue
- Eating according to your ancestry
- Mindful eating for good digestion
- Balancing hormones
- Create a community or desk top herb garden
- Food for thought - building mental resilience
- Lunch-club dining experiences
- Fermentation & kombucha brewing
- The latest in super food & herb infused snacks
- Introduction to urban permaculture
- Traditional Chinese & Ayurvedic herbs in cooking
- Wild alchemy botanical cocktail & mocktail bar
- Cooking healthy immune building meals for all the family
- Urban foraging





NUTRITION //



MINDFULNESS & MENTAL HEALTH //

Whether you work with 10 people, 10,000 people or just yourself, paying attention to mental health has never been more important. At least one in six workers is experiencing issues including anxiety, lack of self esteem, burnout and depression.

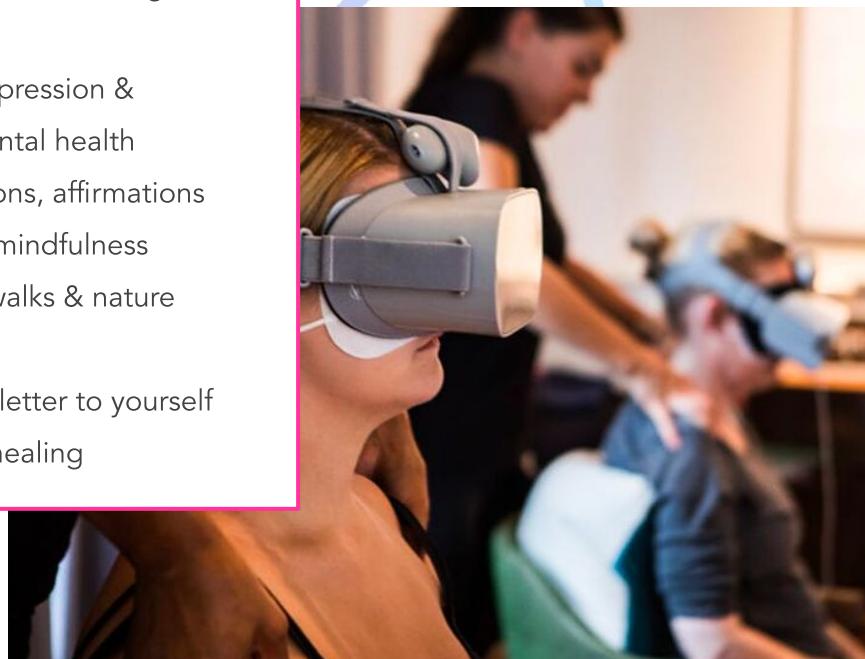
We can all benefit from living more mindfully, which is essentially bringing awareness to every aspect of your life, inside and out. Fostering a sense of gratitude for the good things in life can keep us grounded and take the focus away from negatives, broadening our mindset to take in the entire picture.

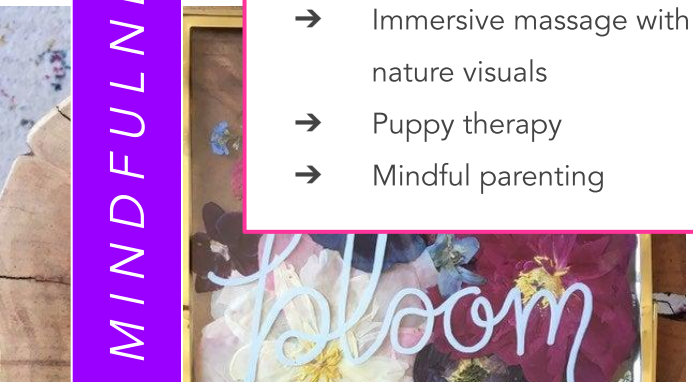
Encouraging daily mindfulness and self care practices can take up as little or as much time as your routine allows - from journaling on your way or work to 5-minute morning meditation in bed, to spending time in nature or around animals and doing the activities you love.

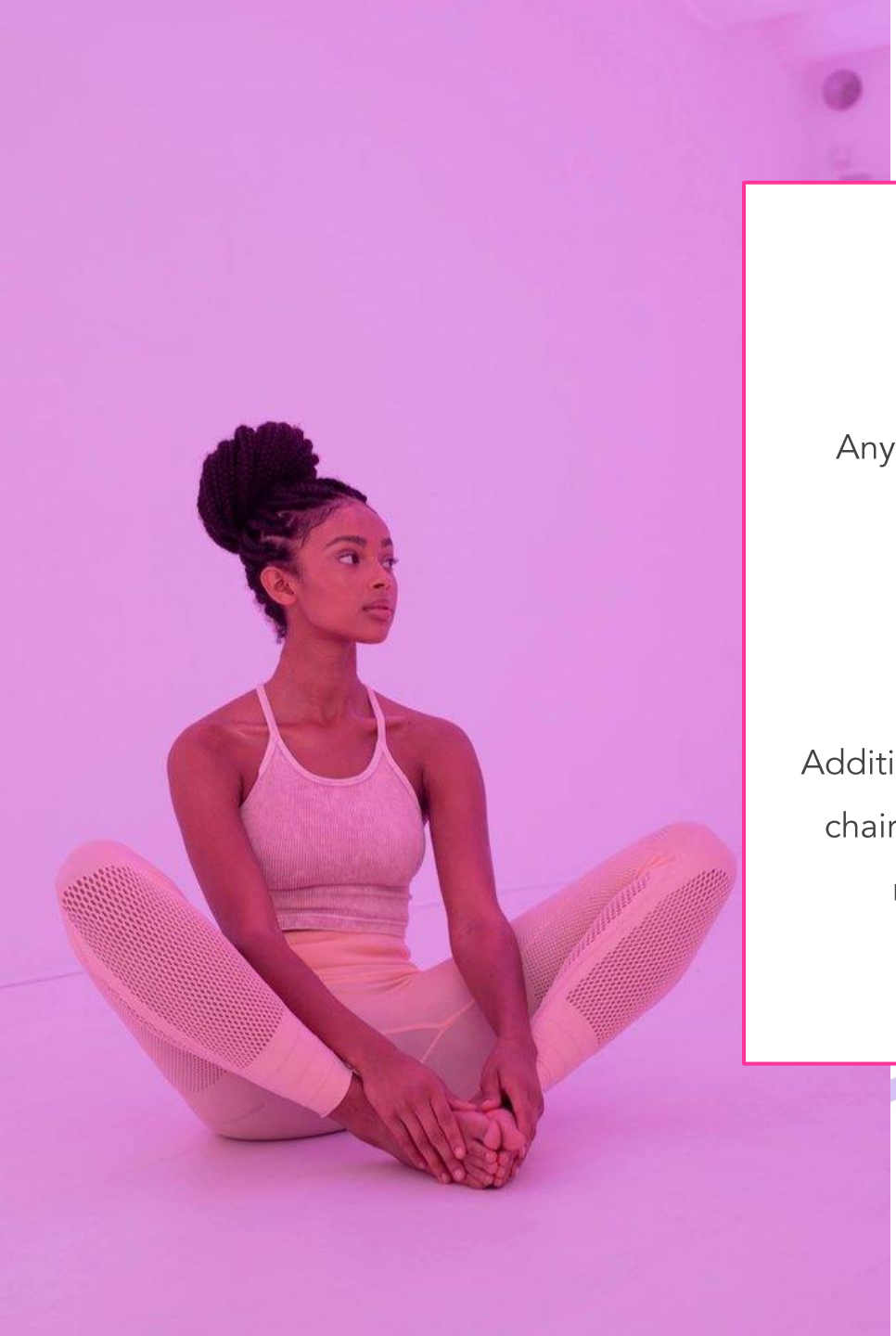
SELECTED TOPICS + EXPERIENCES //

MINDFULNESS & MENTAL HEALTH //

- → Morning meditation
- → Daily gratitude journaling
- → Turning challenges into opportunities
- → Gong baths & crystal bowl sound healing
- → Immersive Breath Pod experience
- → Essential oils for relaxation
- → Hand reflexology at your desk
- → Declutter your life
- → Terrarium making
- → Laughter yoga
- → Mindful mantra art
- → How to fight perfectionism
- → Immersive massage with VR nature visuals
- → Puppy therapy
- → Mindful parenting
- → Life hacks for happiness
- → The health benefits of CBD
- → Combating low level anxiety
- → Singing & drumming circles
- → Simple sleep hygiene
- → Rewild your life & feel closer to nature
- → Managing emotional energy
- → Intuitive life drawing
- → Restorative yoga nidra
- → Building positive working relationships
- → Postnatal depression & perinatal mental health
- → Daily intentions, affirmations & rituals for mindfulness
- → Philosophy walks & nature rambles
- → Write a love letter to yourself
- → Crystals for healing







MOVEMENT //

Regular movement is as natural and as essential as breathing.

Anything from gentle stretching or walking in nature to fun dance classes and physical theatre is great for relieving stress, clearing your mind and feeling productive.

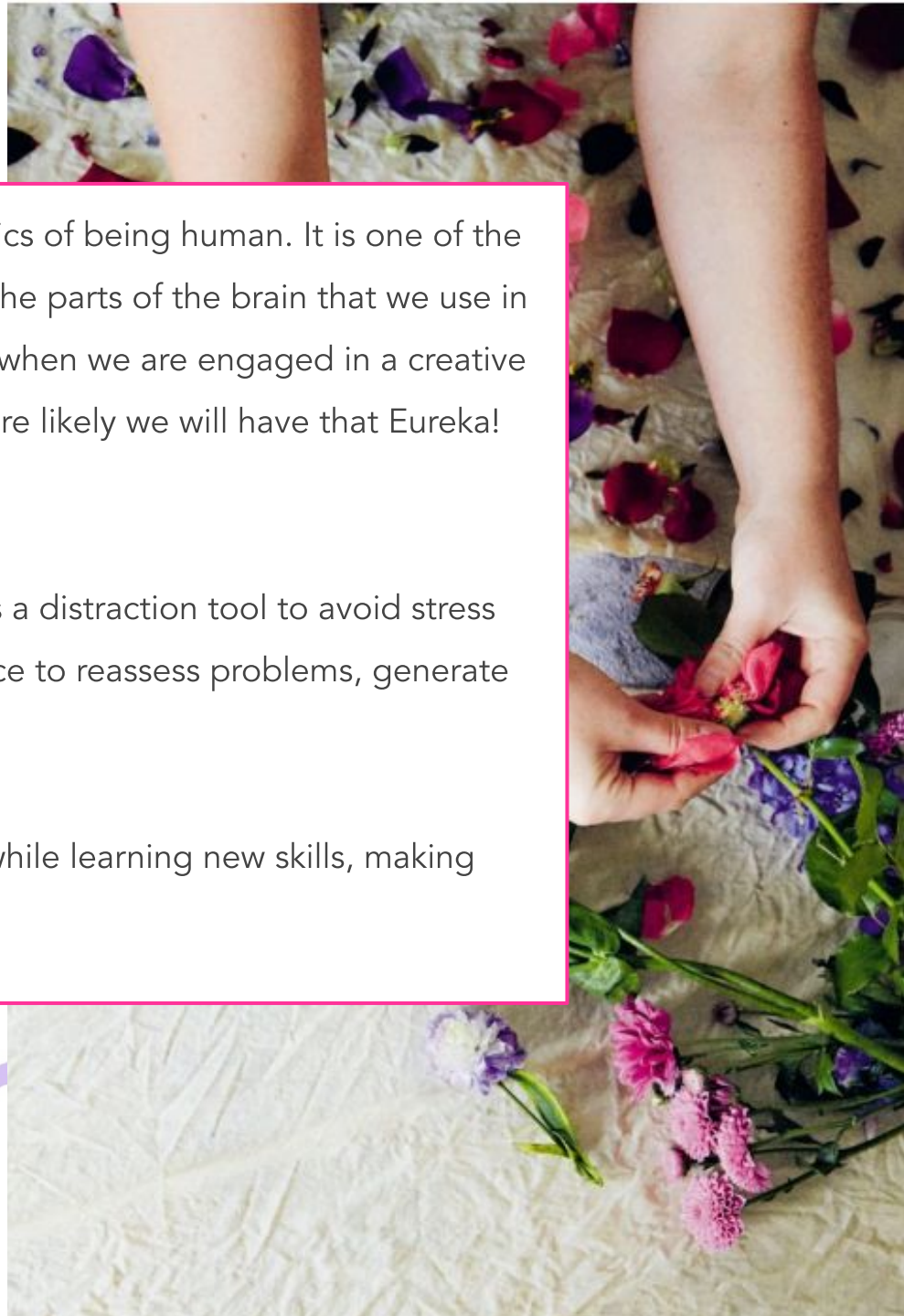
Additionally many of us have been conditioned to sit in a chair for most of our day and ‘re-wilding’ our posture to revert back to more childlike movement can relieve chronic aches and pains.

SELECTED TOPICS + EXPERIENCES //

MOVEMENT //

- Neon glow rave
- Bespoke yoga or fitness class with immersive visuals & soundtrack
- Puppy yoga
- Mask & movement
- Bollywood or Swing dance class
- Circus academy
- Dance like no one's watching!
- Rewild your movement
- Street dance & Voguing workshop
- Chroma colour yoga
- Hula fit
- Immersive scavenger hunt
- Bike cinema
- Introduction to barefoot running
- Primal play & animal flow
- Walking meditation & labyrinths
- Physical theatre
- Canoeing & paddle boarding
- Wild foraging & nature rambles

CREATIVITY //



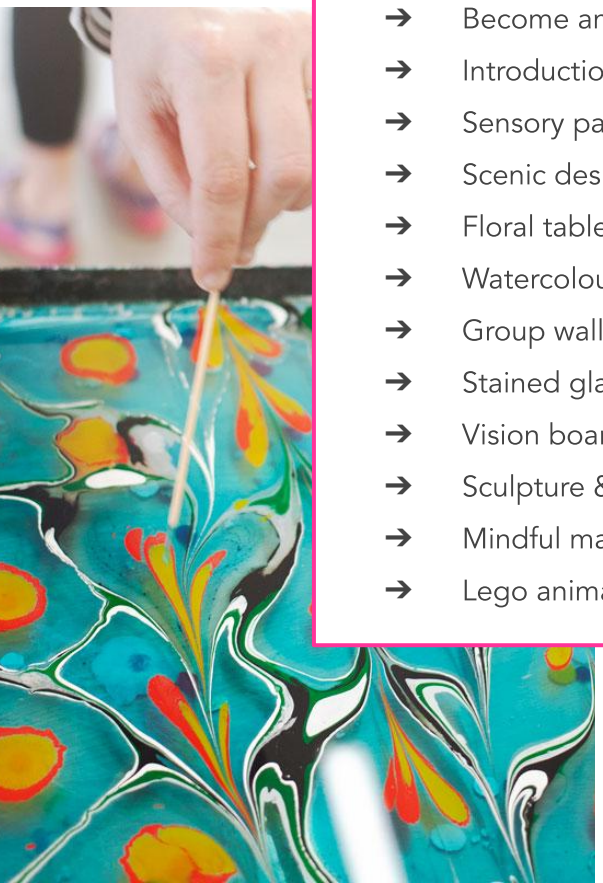
Creativity is one of the most important characteristics of being human. It is one of the main traits that make us successful as individuals. The parts of the brain that we use in ‘business as usual’ thinking are totally switched off when we are engaged in a creative activity and we can relax and refocus, making it more likely we will have that Eureka! moment.

Day dreaming or ‘strategic slacking’ is important as a distraction tool to avoid stress and a contemplation tool to create the mental space to reassess problems, generate ideas and make plans and for 'self development'.

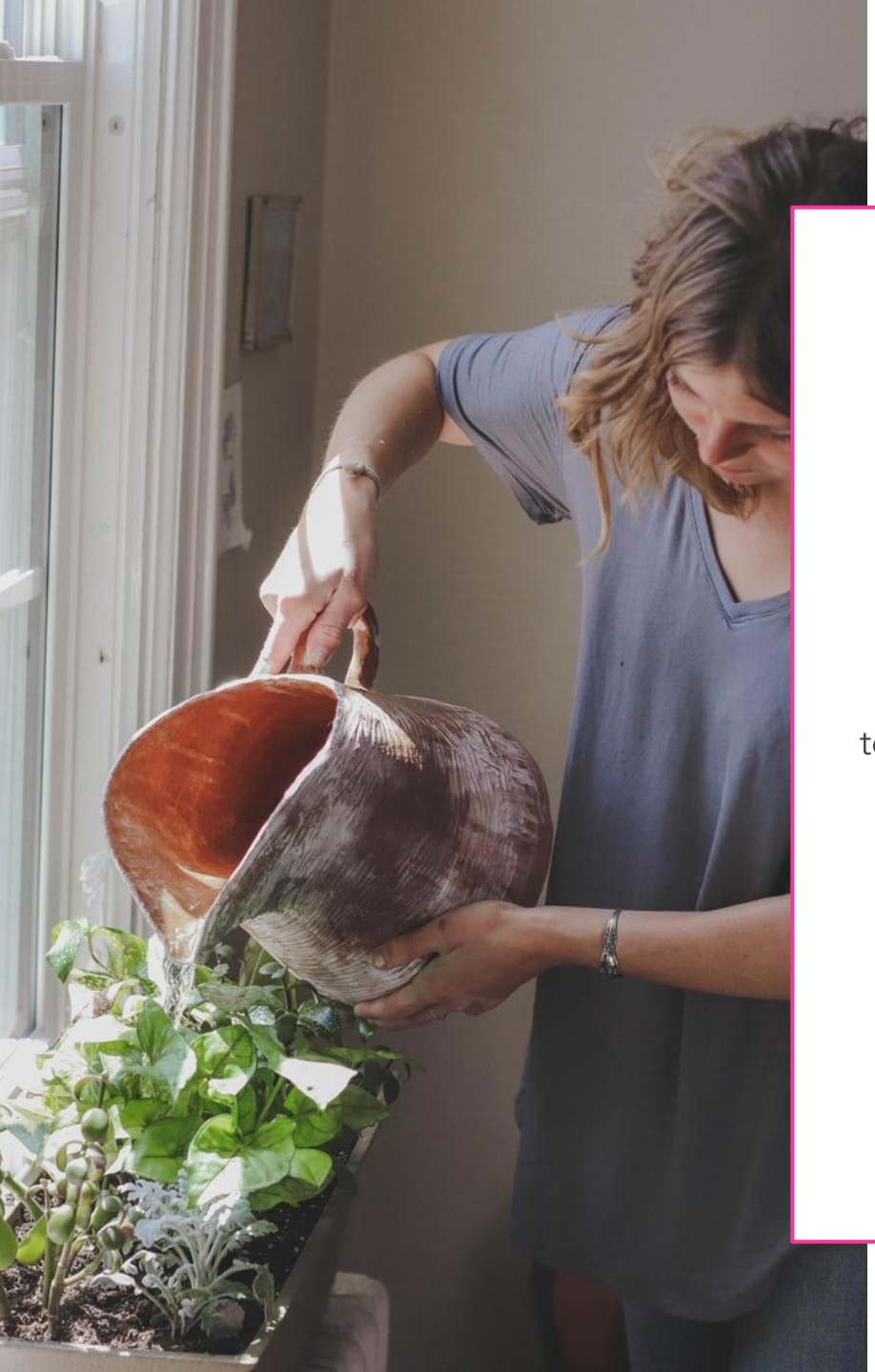
Our workshops build self-esteem and confidence while learning new skills, making connections and having fun!

SELECTED TOPICS + EXPERIENCES //

- How to be radically creative
- Bundle & tie-dying with natural plant inks
- Screen print your own fabric or wallpaper
- Style your personal brand masterclass
- Body positive life drawing classes
- Introduction to robotics
- Botanical & geology drawing
- Become an origami master
- Introduction to art therapy
- Sensory pattern-scapes
- Scenic desk terrariums
- Floral tablescapes
- Watercolour moons
- Group wall murals and mosaics
- Stained glass art
- Vision boarding - collage your dreams and goals into realities
- Sculpture & storytelling
- Mindful marbling
- Lego animation



CREATIVITY //



CONSCIOUS LIVING //

What does it really mean to live consciously? For many it brings up a sense of community, with like-minded individuals working together towards a better future.

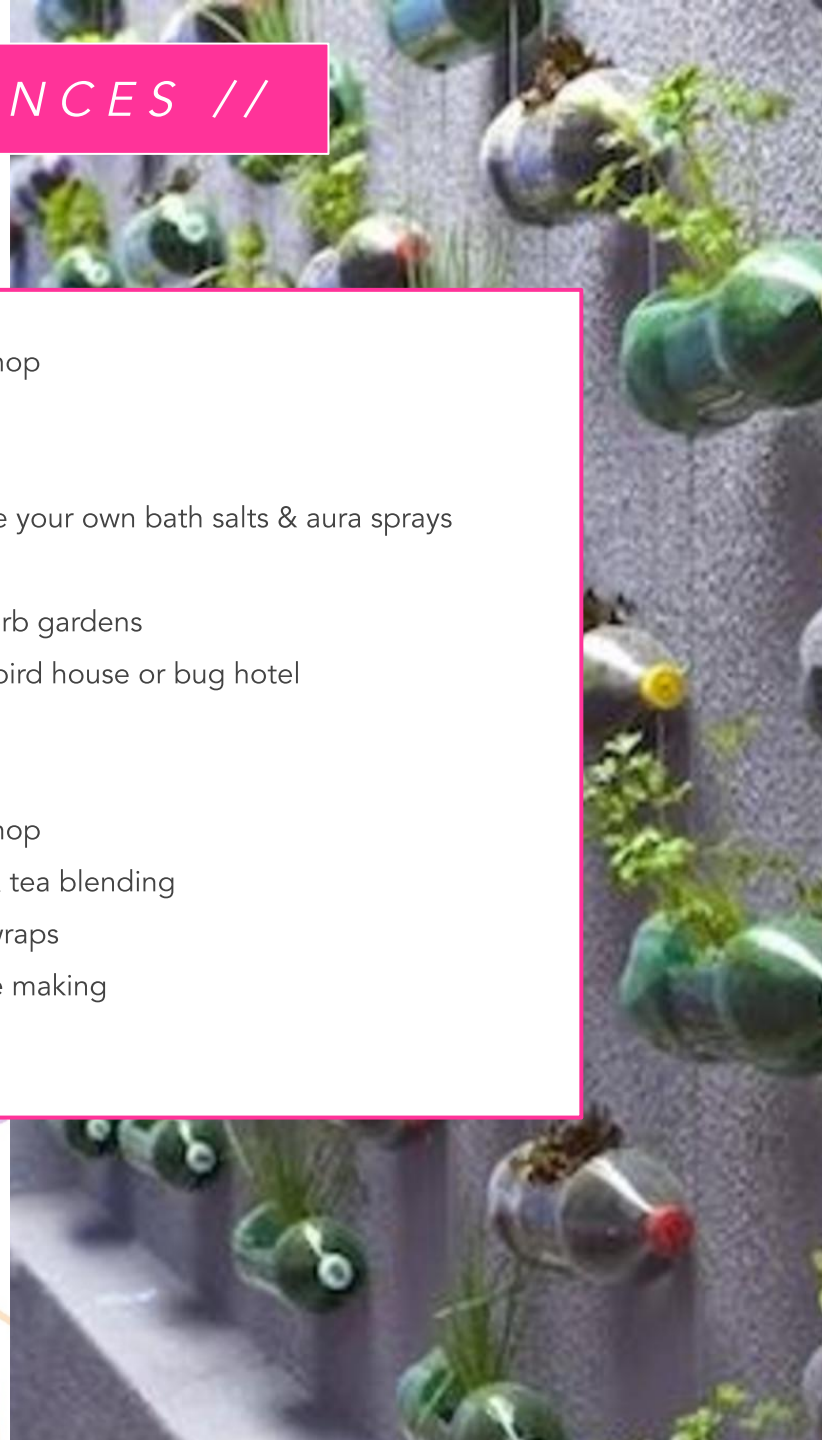
Not only can we benefit the planet, but introducing ideas on how to live in harmony with nature and teaching new skills around sustainable living can help to create a healthier, greener environment at work and home.

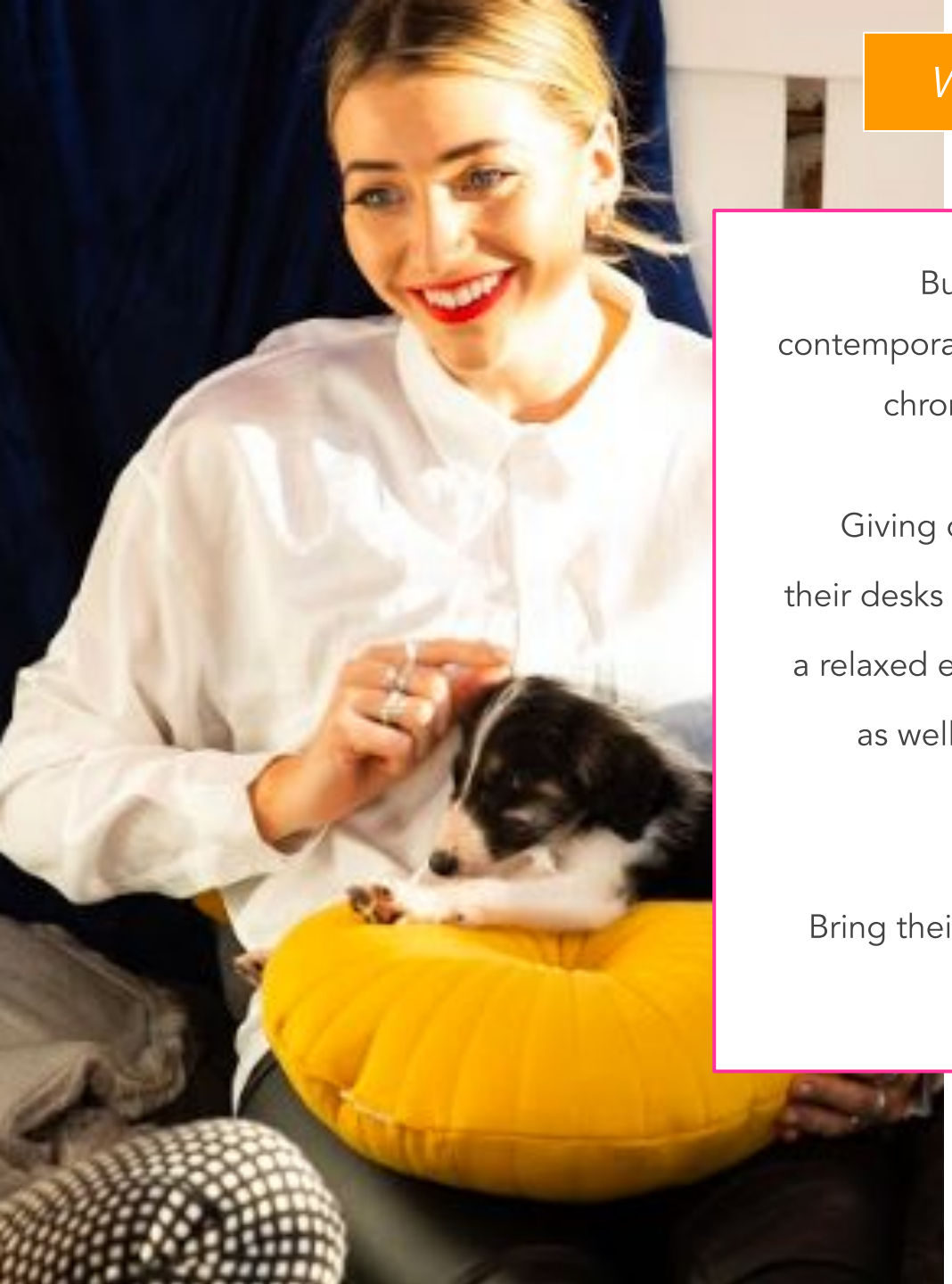
This improves our mental, physical and spiritual wellbeing - as well as serving as a common cause for good to spark a collective transformation.

SELECTED TOPICS & EXPERIENCES //

CONSCIOUS LIVING //

- ➔ Office bring & buy swap shop
- ➔ Kintsugi - the art of repair
- ➔ Pop up lending library
- ➔ Clean beauty rituals - make your own bath salts & aura sprays
- ➔ Detox your work space
- ➔ Office allotment & desk herb gardens
- ➔ Make your own wormery, bird house or bug hotel
- ➔ Plastic bottle planting
- ➔ Sashiko visible mending
- ➔ Bike & electronics repair shop
- ➔ Herbal medicine cabinet & tea blending
- ➔ Make your own beeswax wraps
- ➔ Botanical candle & incense making
- ➔ Natural cleaning products





WORK LIFE BALANCE //

Burnout is an increasingly common issue in our contemporary working culture, occurring as a result from chronic stress where there is no work life balance.

Giving opportunities for staff to take time away from their desks and screens in the working day to connect in a relaxed environment will help to tip the balance back, as well as encourage diverse interests and passions outside of work.

Bring their most loved activities into the workspace, or offsite for a team building day...

SELECTED TOPICS + EXPERIENCES //

- Finding your purpose & passion in life
- Wildlife drawing
- Pottery wheel
- Paint party
- Glam & pamper stations
- Baking workshop
- Family sports day
- Cinema screenings
- Puppy therapy
- Wild foraging
- Murder mystery
- Molecular cocktail bar
- LED games
- VR experiences
- Musical bingo
- Immersive quiz
- Office choir & open mic night

WORK LIFE BALANCE //

INSYNC are engaged in programming a bespoke monthly series of wellbeing events for Google and their media agency clients.

These have included a nutrition talk and cooking demo by professional rugby player James Haskell, yogabox fusion class with dynamic duo Soul Sisters accompanied by bespoke cinematic visuals and creative sessions such as terrarium making and lego stop motion animation.

These sessions place individuals at the heart of the content and aim to enhance the workplace whilst relieving stress.

CASE STUDY: GOOGLE WELLBEING SERIES //

INSYNC have been thrilled to work with an ethical breeder to take puppies into several companies to run puppy therapy sessions and yoga classes, including for guests of the Youtube Summit at Soho Farmhouse.

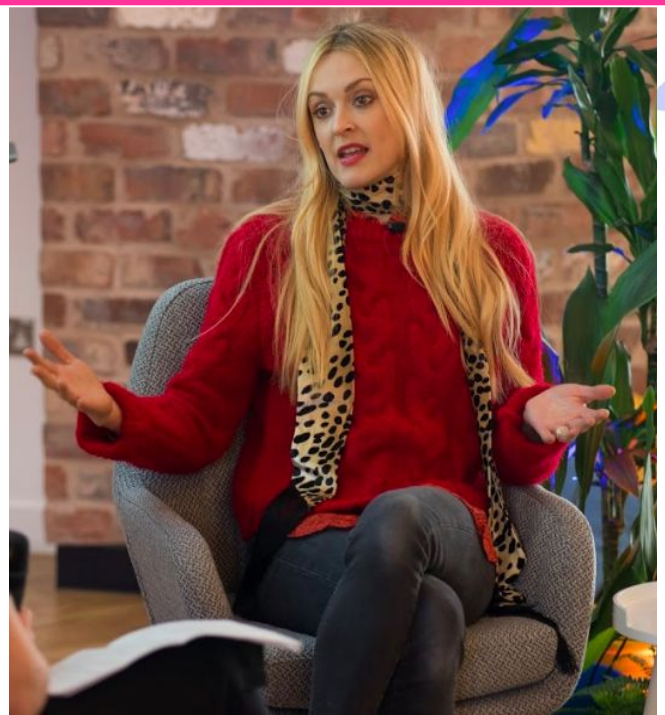
With experts recording that animal therapy can help alleviate depression, loneliness and even help improve communication, you could visibly see blood pressure rates dropping, highly recommended for any company!

CASE STUDY : PUPPY THERAPY & YOGA //

As part of the Google wellbeing series, INSYNC have produced a bespoke programme of talks by inspirational speakers across different topics, including -

- ➔ Fearne Cotton - mindfulness
- ➔ Professor Green - male mental health
- ➔ Ade Adepitan - disability
- ➔ Gareth Thomas - stigma around sexuality & HIV
- ➔ Nadiya Hussian - anxiety

CASE STUDY : GOOGLE TALKS SERIES //



INSYNC

IF YOU WOULD LIKE TO DISCUSS AN IDEA, WE WOULD LOVE TO HEAR FROM YOU!

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