

# Wellbeing Promotion- Coffee Break



## Health Awareness Pop up's

- Pop up event that can be run anywhere
- Minimal space, resource, or planning required
- Grip Strength tests, Energy management, caffeine intake



Coffee  
Break  
Activity



## Meet the...

- Wellbeing Physiologist, Counsellor, Nutritionist
- Located across the site
- Health Promotion advice, goody bags



Coffee  
Break  
Activity



## Mini Health MOT's

- Opportunity to have an in person mini health MOT
- Blood Pressure, BMI, waist measurements
- Quality advice and support offered



Coffee  
Break  
Activity



## Golf Workshop

- How to increase your driving distance
- Function movement screening
- Highlight strengths and weakness in movement patterns



Coffee  
Break  
Activity



## Cycling Workshop

- Get cycling fit for the summer
- Function movement screening
- Improving your cadence and output



Coffee  
Break  
Activity



## Runner's Workshop

- How to smash that PB
- Function movement screening
- Highlight strengths and weakness in movement patterns



Coffee  
Break  
Activity

# Wellbeing Promotion- Lunch Break



## 1-2-1 coaching sessions

- Goal setting
- Nutrition mapping, personal goals
- General wellbeing support led by attendee



Lunch  
Break  
Activity



## Walking Groups

- Utilising green space
- All abilities welcomed
- Session led by Walk leader



Lunch  
Break  
Activity



## Lunch Time mobility

- Yoga, Pilates based activities
- Beginner to intermediate
- Blocks of sessions



Lunch  
Break  
Activity



## Energy Boost

- Virtual reality games, Blaze pods, Table Tennis
- Engaging fun activities
- Boost of energy



Lunch  
Break  
Activity



## Webinars

- Pre-recorded webinars. Available on private YouTube page
- Nutrition, sleep, blood pressure, stress, resilience
- Could be used as an agenda item for teams



Lunch  
Break  
Activity

# Wellbeing Promotion- ½ Day



## Stress Workshop

- Pre-recorded, in-person, or remote
- Understanding stress response
- Practical ways to manage stress at home and work



Half  
Day  
Activity



## Mindfulness Workshop

- Pre-recorded, in-person, or remote
- Brief introduction to Mindfulness
- Format that is accessible to everyone



Half  
Day  
Activity

## Wellbeing Promotion- Full Day



### Health Promotion

- Wellbeing Days
- Utilising national campaigns
- Work with JLR benefit partners



Full Day  
Activity



### Stress Workshop

- Pre-recorded, in-person or remote
- Understanding stress response
- Practical ways to manage stress at home and work



Full Day  
Activity



### Mindfulness Workshop

- Pre-recorded, in-person or remote
- Brief introduction to Mindfulness
- Format that is accessible to everyone



Full Day  
Activity



### Kiosk Hire

- One off or short-term hire of kiosk
- Mini Health check- QRISK 3, BP, BMI, height, weight



Full Day  
Activity