

Organising a wellbeing event for your staff is a fantastic way to raise awareness of healthy living issues and encourage everyone to take prompt and positive action.

It's also a key opportunity to learn from staff what their wellbeing challenges are, and find out what stops them from living their ideal life of healthy balance.

So, when we run wellbeing events we focus on three things:

1. We make sure the event is relevant and enjoyable for staff
2. We focus our advice on specific individual challenges and goals
3. We collate trend data throughout the event and present it back to the organisation so you can use this information to shape the future of your wellbeing initiatives, ensuring they are targeted and timely.

Call 020 8995 1302 or email info@the-tonic.com today to book a wellbeing event for your colleagues