

A clear impact and shortlisted for Employee Benefits 'Best Healthcare & Wellbeing – Small Employer'



In the first year of the wellbeing programme tmgroup saw a **20% decrease in the number of days lost** in the business due to anxiety, stress and depression.

There was also a **reduction in employee turnover from 26.72% to 25.34%**. There was also clear evidence of success in the employee engagement survey results; with a **3.2% increase in employees saying "I like the culture at tmgroup"**; from 84.9% to 88.1%.

Paul Albone, Managing Director at tmgroup, said: *"We wanted to invest in and focus on staff being happy and healthy as well as successful at work. After careful research, we identified The Tonic as our wellbeing partner. The team helped us shape our programme to ensure it was **enjoyable and beneficial for everyone involved** and **we continue to receive positive praise from our employees** who attend the various initiatives on offer each month."*

Shortlisted for Personnel Today Health & Wellbeing Award



Over many years we've delivered a variety of wellbeing initiatives to the British Gas Happy, Healthy, Here Programme:

- Regular wellbeing workshops and updates for key stakeholders
- A company wide healthy eating plan with regular updates to cater for various working populations (**downloaded by 700 employees in week 1**)
- Presentations and workshops targeted at various populations throughout the business
- Exercise plans and advice for staff whatever their working environment
- Quizzes, top tips and fact sheets to keep staff motivated in making healthy living choices
- Healthy eating roadshows
- 'Time out for me' life balance workshops
- Sleep Toolkit
- Resilience Toolkit

Widespread engagement with wellbeing and a mental health award finalist

We've been working with Panasonic UK for many years and have delivered regular wellbeing events, challenges, consultations, clinics and workshops covering exercise and activity, healthy eating, sleep and resilience. We also provide regular massage, tai chi and reflexology treatments.

Recently 60 members of staff took part in an 8-week healthy living challenge which generated some amazing individual results. David English, Panasonic UK commented, *'We had the largest participation rate for any single event and, most importantly, participants have continued with the positive changes they made during the challenge. We've since been recognised as finalists for a Workplace Mental Health Award.'*

Life changing wellness initiatives for leadership programmes

'The Tonic has been delivering outstanding wellness solutions for our Senior Executive Leadership Programme since 2007. They fully understand the challenges faced by top level executives and have designed some inspiring and practical solutions. The inclusion of a wellness option adds great value to the programme and many years on we're still achieving fantastic results with participants, in some cases life changing.'

Mike Nowlis, Programme Director, London Business School



'Thank you so much, as always, for all your hard work, support and great humour in the work your team do. It's great to have such a brilliant team to work with who I can trust just to get on with it all and to deliver great results.'

Ginny Naylor, Programme Director, London Business School

Memorable wellbeing experiences for lasting company-wide impact

'One Word – BRILLIANT. I hired the Tonic team to come to our office for the day to give massages and fitness assessments for our staff members. Everything ran smoothly, I had a lot of great feedback and would like to do this again next year. Thank you again.' - Kylie Osborne, Amey





The Healthy Living Experts

*'This afternoon's resilience workshop was very enjoyable. Apart from being well organised, the whole event seemed to put everyone in a very **positive mood**. The techniques used were very useful and on leaving the workshop **all attendees were definitely more energetic** than when they arrived.'*

*'I've had great feedback, **the event was a roaring success.**'*

*'Your team were as always very **professional and friendly** – which is exactly what we needed.'*

Accountability and shared sense of purpose to achieve dramatic results



*'The Tonic has worked with us both in the UK and our International businesses with equal success, delivering some **great work for the business both for teams and individuals.**'*

Judith Nelson, HR Director

We've worked with Tesco staff at all levels to devise individual lifestyle plans that tackle exercise, healthy eating, stress management and work-life balance. The results have been spectacular. Here's a sample for one group:

- 100% of participants in the programme changed the way they deal with the subjects of exercise, nutrition and stress
- By the end of the programme 80% were exercising regularly
- 75% achieved all their lifestyle objectives for the programme. The remaining 25% were fine-tuning their approach
- 70% of the group reported improved energy levels within 6-weeks
- During the course of the programme, average caffeine consumption dropped from 7 cups a day to 2 cups a day
- Average alcohol consumption dropped from 35 units a week to 20 units a week
- Average water consumption increased from 0.5 litres a day to 2-litres a day

Call 020 8995 1302 or email info@the-tonic.com today to discuss a wellbeing programme for your business

