

CORPORATE WELLBEING BROCHURE

2025

We provide
innovative,
cost-effective
health services
that get results



At Your Service

At The Better Health Generation, we are passionate about helping people reach their full potential and are dedicated to providing the very best of care based on practical, evidence-based research. We provide a comprehensive range of services designed to improve employee wellbeing and productivity in the workplace

Our highly qualified team of specialist nurses, occupational health physicians, physiotherapists, counsellors, psychotherapists and mental health practitioners will create tailored programmes to meet your needs

Programmes include individual and group psychological interventions, which are designed to assist employees in managing personal problems that may negatively impact their job performance and personal wellbeing

How We Make A Difference

Employee Retention

Prioritising your employees' health and wellbeing not only creates a supportive workplace, but also helps attract and retain top talent - especially those who value an employer's commitment to their wellbeing.



Increased Productivity

By helping employees address personal and work-related issues that may be affecting their job performance, our services can help improve productivity and reduce absenteeism and presenteeism. It is estimated that the UK economy loses £37 million a year due to sick days



Return on Investment

By partnering with us, you and your organisation will have access to the highest quality health professionals who act with urgency, compassion and sincerity. Our results-driven services which are outcome focused help to improve key performance indicators and for every £1 spent on our service, the ROI is £11





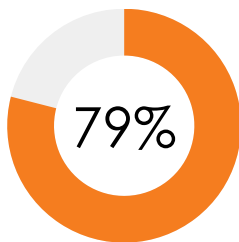
£12,000

current average cost of replacing a worker in the UK



£76 million

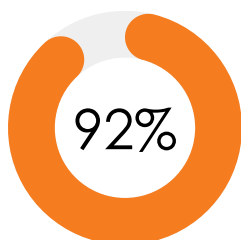
was spent on statutory sick pay in 2022/23, compared with 57 million in 2020/21



of employees have had stress-related absence in the last year



of employees are more likely to stay with their employer because of their health and wellbeing benefits package



of employers say mental health has become an increased focus since 2022

Testimonials



We have been using The Better Health Generation for our employees' health and wellbeing for a while and I have to say, I was blown away by the level of expertise and professionalism of the team. From the moment I contacted them, they were responsive and helpful, answering all my questions and guiding me through the process.



While working with The Better Health Generation, I was impressed with the attention to detail and the commitment to taking the time to understand what is was that we wanted to achieve with our employees mental health and setting out a plan. The team was thorough and diligent in their work, and they kept me updated every step of the way.

Overall, I couldn't be happier with my experience. If you're looking for a reliable and trustworthy service, I highly recommend them. They truly exceeded my expectations.



☎ 0208 167 1824

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EAP

EMPLOYEE ASSISTANCE PROGRAMME

The Better Health Generation Employee Assistance Programme (EAP) provides confidential counseling, consultation, and referral services to employees to help them deal with a variety of personal and work-related issues

All of our programmes are evidence-based and address your employees health and wellbeing. Some of the benefits of our EAP include:



Cost-efficient
bespoke packages



Outstanding customer
service through our
partnership management



Experienced
multi-disciplinary
clinicians



Rapid access
to counseling



Tailored
Webinars and
Workshops



Solutions
designed and
created around
you



24/7 Support

OCCUPATIONAL HEALTH SERVICES

Bespoke services for your company and people. We take a preventive approach to support your employees mental health, physical health and wellbeing

Our Occupational Health Service offers a range of health-related solutions that are provided to your people in the workplace. These solutions promote and maintain the health, safety, and wellbeing of employees, whilst also preventing workplace injuries and illnesses



Health promotion and education: Programmes and information to promote healthy behaviors, such as exercise, healthy eating, and stress management



Workplace safety evaluations: Inspections to identify potential hazards and make recommendations for improvement



Workplace injury treatment: First aid and emergency care for workplace injuries



Employee counseling: Support for employees dealing with personal or work-related stress, depression, or other mental health issues



Critical incident stress debriefing: Offers rapid support to employees, particularly in the context of a severe traumatic incident or event

WORKSHOPS AND WEBINARS

The Better Health Generation provides workshops and webinars tailored to your needs. Our workshops can be targeted to your leadership and management teams, or more generally across your whole organisation.

Resilience

Our resilience training workshops and webinars focus on the basic principles of resilience, and explores how these principles can help employees become more productive and resilient to burnout

Mental Health

Our mental health workshops and webinars look at understanding mental health in the workplace to minimise stigma, promoting self-care, coping with change and supporting staff to perform at their best

Performance

Our performance management training workshops and webinars help top-performing companies not only develop future and existing leaders but also formulate robust performance management processes

Physical Health

Our physical health workshops and webinars help your employees take care of their physical selves by looking at nutrition, exercise, sleep hygiene and more. This has a wholesome effect on our mental wellbeing and staying productive



For further information, please get in touch.



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