

energiseYou services

Our unique employee wellbeing services focus on the following areas:

- Mind management & resilience
- Sleep
- Re-energising staff
- Work-life balance
- Seasonal themes e.g. New Year detox, Get fit for summer, Stay healthy in the winter
- Health promotion e.g. Well man/woman cancer awareness, Diabetes, Healthy heart
- Nutrition
- Exercise
- Computer use

energiseYou[®] health & energy check

Our 10 minute online health & energy questionnaire enables you to measure the health & energy of your staff.

energiseYou[®] health tips email

Our FREE health tips email on the 1st of every month, gives employees 3 health tips for them to focus on to improve their health, energy & performance.

energiseYou[®] workstation assessments

Workstation assessments are a legal requirement. Our assessments will ensure you comply with the health & safety regulations, whilst improving the health, energy & performance of your employees.

Cost:

Online workstation assessments based on number required
1-2-1 workstation assessments £28

energiseYou[®] health & wellbeing events

Our engaging health & wellbeing events are tailored to your requirements and include workshops, webinars, health zones, 1-2-1 health & energy assessments and energiseYou[®] back massage.

Cost: Based on event activity

energiseYou[®] workshops & webinars

Delivered onsite for UK based companies or via webinars for international companies, our high energy workshops & webinars are engaging and provoke immediate action. Delivered monthly or as part of a health & wellbeing event.

Cost: 1 hour = £430 (or £365 each when you book six)

energiseYou[®] back massage

Our energiseYou[®] back massage is regarded as one of the UK's most loved employee wellbeing benefits and used by some of the best companies to re-energise their staff. Delivered monthly or as part of a health & wellbeing event.

Cost: £1 per minute with the option of 10, 15, 20 or 30 minute sessions

energiseYou - The book by Oliver Gray, founder of energiseYou

The book covers over 20 years of research and experience and contains everything you need to know about how to achieve great health, energy and happiness.

Cost: £7.99 (or £5.00 each when you purchase 50 books or more)