

CORPORATE PARTNERSHIP

WE ARE BODYSHOT

Bodyshot Performance® work with carefully selected corporate partners who are committed to promoting and prioritising wellbeing and performance within their workplace. We've worked with Times 100 companies, SME's and large corporates to reduce absenteeism, increase employee wellbeing and create happier, healthier and more productive teams.

Our ideal corporate partner:

- Is fully committed to improving wellbeing and performance
- Is willing to be bold and decisive
- Is willing to match intention with investment

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This is a tough economy. Stress reduction and mindfulness don't just make us happier and healthier, they're a proven competitive advantage for any business.

Arianna Huffington
about wellbeing in
the working world.

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WHAT WE OFFER

Our programs are designed around our unique Six Signals® methodology and will:

- Drive performance levels
- Increase the energy of your teams
- Improve resilience levels
- Reduce absenteeism
- Improve work/life blend



OPTIMISED PERFORMANCE, RESILIENCE & WELLBEING PACKAGE

- A day of wellbeing consultancy
- 1 day workshop based on Six Signals®
- Bespoke online learning management system

SIX SIGNALS® HEALTH MOT

This is a 3 hour workshop with a maximum of 15 people. It's a value-packed, interactive workshop for senior executives, high levels managers and top performers who want to learn how to:



- Get more energy for work/life blend
- Learn how to control their stress response
- Improve their cognitive performance
- Beat burnout by balancing activity and recovery

Each participant will have their DNA tested as part of a bespoke nutrition plan, and will be given a piece of wearable tech that monitors their sleep, activity and stress response. The data will then be analysed and presented as part of a 1-1 coaching session with one of our health experts.

READY?

Contact Leanne Spencer to book your Discovery Session today:

 0203 735 5931

 leanne@bodyshotperformance.com

 www.bodyshotperformance.com

