



Transform your organisation's performance
with our specialist Employee Wellness Program.
(The Journey to Wholesome 'U')





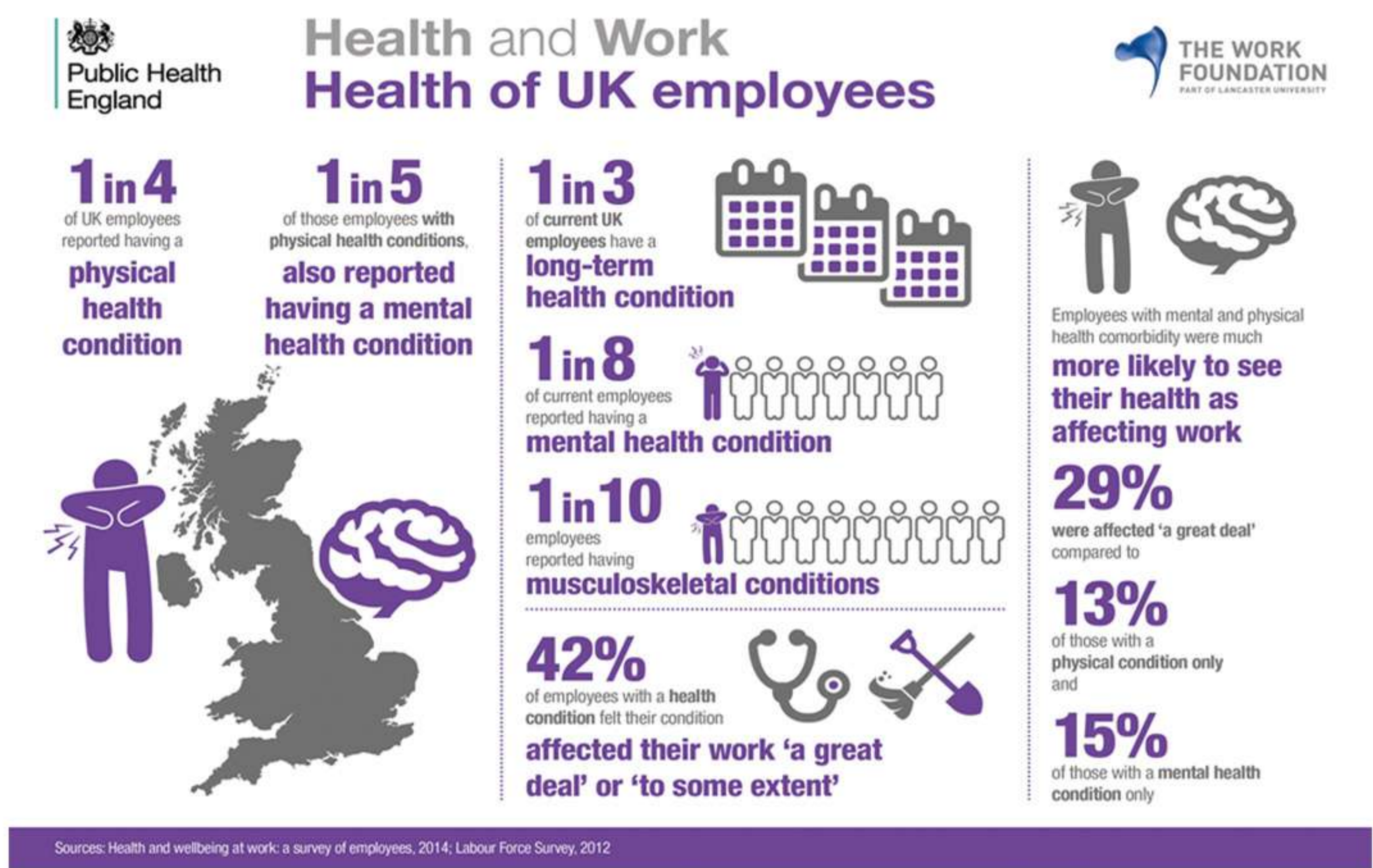
What is Journey to Wholesome ‘U’

It is a 360 degree complete program aimed at promoting well-being inside out. It focuses on integrating **four key daily habits** that support tapping into the most creative space of the mind to bring mental clarity, efficiency, time / task management, stress relief and future planning. We will introduce self-mastery tools as a part of your daily routine.

“It’s not a journey to change habits but to access resources within oneself to operate from a deeper from a deeper, much calmer, and mindful space.”

Why it is needed?

1 in 4 of UK employees reported having a physical health condition. Also, alone in the UK, poor mental health costs employers up to £56 billion annually (Deloitte, 2022)*. Companies like Unilever report a 29% increase in productivity by prioritizing employee well-being (CIPD, 2022)*. Organizations fostering a culture of health see a 25% reduction in absenteeism, enhancing morale and reducing



Organisations might be addressing wellbeing by giving vouchers or planning day aways but existing programs may have become stale or defunct, or failed to accomplish their goals. Or it may be that HR managers simply aren’t able to quantify their degree of success. However, it’s possible to overcome such obstacles. By taking a grounded approach to health and wellness, organizations commonly find that they can grow successful programs that have a tangible

Benefits of the Program

Employee

- Response Flexibility: better adaptability to stress and challenges.
- Decreased Rumination: reduced overthinking and anxiety.
- Increased Self-Determination
- Improved Productivity
- Better Work-Life Balance

Employers

- Enhanced Performance
- Lower Absenteeism
- Higher Retention

The Organisation

- Joyful workforce: individual transformation sparks a ripple effect across the organisation.
- Conscious Efforts: develop wise action, social harmony, and compassion.
- Increased Efficiency
- Positive Work Culture
- Improved Reputation
- Ethical framework: driving wholesome, innovative change at work, in the community, and globally.
- Enhanced workplace: connections, strengthening bonds with external stakeholders.


How we do it

It is commonly believed that the 'change starts with self'.

WINGS dispels the myth that it's all about changing yourself or your organisation culture. RATHER it is a journey accessing your highest and most conscious self with simple yet powerful tools which compels to understand the mind and its massive impact

- ✓ Defining wholesome 'U'- aligning mind and body
- ✓ Integrating mind and body fitness with 4 daily habits
- ✓ Revisiting your 'why' at work
- ✓ Advanced self-care





WINGS Signature 3 pillar program can help you and your team to transform and align performance and productivity by upgrading human skills and wellness at workplace.

The Three Pillars of Wellness

Generally speaking, there are three areas that organizations must address as part of a holistic approach to health and wellness:



People Skills

Communication

Confidence

Connection



Mindset Mastery

Neuroscience of
transformation

Integrating emotional
intelligence



Lifestyle

4 Daily habits

Meditation

Movement

Monthly Mantra



Thank you for stopping by

We take pride in being unique with our services as we take a 360 degree approach to wellness especially to support forward thinking leaders who value the importance of creating, nurturing and maintaining a happy and healthy workforce. It's a journey of paradigm shifts, a strategic framework and game changing transformational tools.

Our proposal covers physical, emotional and mental well-being. Should you require further clarity or would like any changes to the programme then please do not hesitate to contact us.

We look forward to a great partnership.

Yours sincerely,

Baljeet Baba

Founder, WINGS



What's Next

With carefully designed programs and specialist bespoke programme, we can certainly find the right solution for you.

We look forward to a strong partnership going forward.

Let's chat or get in touch

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