



**Imagine if work could be a space
which nourished your body, mind and soul**



Weston Workplace Wellbeing is a sister company of Weston Facilities Services. Following our participation in numerous wellbeing initiatives we realised that a lot of companies in Ireland, well-meaning and desirous of a positive outcome, seemed to source individual streams of wellbeing services. We feel that in order to achieve full value in terms of a sustained cultural shift, a wellness programme is most effective when delivered as an integrated package.

It was out of this realisation that the genesis of Weston Workplace Wellbeing was formed.

For Wellbeing to be cultural, it must permeate right across an organisation and that is why we arrived at the 5 pillars of workplace wellness.

Mind Body Life Champions Workplace

Mind

Within this Pillar we deliver proven methodologies to enhance attentiveness, retention, goal attainment, satisfaction, happiness and productivity,

We have found that providing insight into the biology, physiology of brain and mind allows for faster and more efficient adoption of the tools and methodologies that we want to deploy.

64% of employees when surveyed say stress and lack of work-life balance impacts on their ability to concentrate.



Body

Our Body Pillar focuses on the Key areas of Sleep, Hydration, Nutrition, Exercise, and Health. This aspect of our programme deploys initiatives in the areas of happy heart, weight loss, smoking cessation and education on the impacts of stress, along with fun and simple ways to look after the body.

If an individual does the following five things, they will reduce their likelihood of being unwell by 33-50%: walking 30 minutes per day, eating healthy, not smoking, having a waist size less than half their height and drinking alcohol only in moderation.



Life



The modern work environment with its 'always on' imperative has led to a blurring in the once clear demarcation between the employee and the person. Our Life Pillar looks to promote resilience to events which may be external to the business but nonetheless have a profound impact on the productivity of the employee. Examples are deaths, births, illness, exams, financial concerns or general stress.

Those who were engaged and reported good well-being were 27% more likely to report that their performance at work was excellent.



Champions

This is the Pillar where we target Cultural Behaviour that underpins the corporate wellbeing and provide tools to deliver positive, sustainable outcomes. We strive to ensure the company's behaviours, communications, policies and procedures support Corporate Wellbeing in practice.

***The key question is
"Would your employees recommend
your company to a friend?"***

Workplace

In an International survey of 1200 organisations, over 55% of users stated that their workplace does not enable them to work productively.

We systematically review the workplace, compare to work activity and survey feedback from colleagues to allow us determine an optimal layout and configuration. Weston works with the world's largest database of its kind and helps organisations make informed decisions about their workplace strategy.

A survey of employee satisfaction within enterprises with an effective wellbeing programme reported that Employees were 38% more engaged and 18% more likely to go the extra mile. While 17% of employees were less likely to quit that year.





Mission Statement

Our mission is to make Weston Workplace Wellbeing the leading company in our industry by delivering outstanding value, continuous innovation and an exceptional customer experience through consistently meeting our commitments and exceeding expectations.

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