



## Wellbeing Testimonials

The Wellspace platform has a proven track record of supporting employees' health and wellbeing across multiple business sectors:



As a charity dedicated to improving people's health, Guy's and St Thomas' Charity believes in a proactive approach to supporting the health and wellbeing of our own team. This is in recognition of both the benefit for individuals' health and the organisation through enhanced motivation and productivity.

As part of our corporate response to Covid-19, we wanted to strengthen our wellbeing programme, particularly around mental health. The Wellspace platform offered what we were looking for in terms of providing a range of tools and resources for individuals which connects into our Employee Assistance Programme.

Given the significant impact of the pandemic on our lives and ways of working, it also provides a way for us to monitor, at an organisational level, how everyone is doing. This provides insights that will help us adjust and evolve our programme and ways of working in response to the changing external context.



**Catherine Cullen, Director of Communications and Engagement, Guy's and St Thomas' Charity**



During the pandemic Dura Composites was pleased to be able to support its staff's mental and physical needs by implementing Wellspace – a proactive workplace wellbeing programme in the form of a secure app and integrated online portal to encourage our employees to look after their mental and physical health.

Through the app, our staff gained access to a range of support materials such as articles and advice, and our internal Culture and People Development team were able to create regular exercise and hydration challenges which are incentivised to encourage wider participation. New scorecard goals relating to physical and mental health have been set for the company for the first time, and are reviewed and reported on at the weekly management meeting. We have been really pleased with the response from staff, and the initiative has now sparked a number of other pop-up staff activity groups such as open water swimming and golf.



**Charmaine Steele, Culture & People Development Manager, Dura Composites**



“ The Health & Wellbeing of our associates at Jacobs Douwe Egberts has always been a focus for us but in the last 12 months it has become a fundamental part of our business priorities. As part of a survey carried out recently, our associates told us they wanted support and guidance on how to work in healthier ways.

In response to this, a cross-functional team worked on a number of initiatives and deliverables, the implementation of WellSpace was one of these. We are delighted to be partnering with WellSpace and Dr Eccles as we support our associates in their Health & Wellbeing not just at work, but in their everyday lives. ”

**Nickie Joyce, HR Manager, Jacobs Douwe Egberts**



“ Training to become a commercial pilot is an intensive process with regular deadlines and exams, which is why wellbeing support and training is so important.

Through the app and portal our students have access to, WellSpace identified a change in sleep patterns as deadlines and exams approached, and provided online tools, tips and information to help with this.

WellSpace also adjusted the training programme and delivered some in-house sessions on sleep and exam pressure, and the two approaches showed a rapid improvement in both the ‘sleep quality’ and ‘stress levels’ data during the exam period and afterwards.

Individual counselling sessions were also provided by WellSpace, which was handled sensitively and anonymously ”

**Katie Broadhurst, Chief Talent Officer, Leading Edge Aviation**



“ Our partnership with WellSpace has created a dedicated and tailored place for well-being resources we did not have before. Students, faculty and staff are able to utilize the app for a variety of support services including linkage to our university counseling services. Fitness challenges have been a fun and engaging way to incorporate more use. ”

**Shawn Taylor, Associate Professor, Wingate University**

## ForrestBrown®

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“ The WellSpace sessions are very important at ForrestBrown as they support our team to focus on the importance of mental and physical wellbeing. The sessions are fun and informative and the trainers make everyone feel comfortable whilst interacting well with the group. The training sessions are focused, real, relevant and applicable. ”

**John McGhee, Associate Director, ForrestBrown**

