



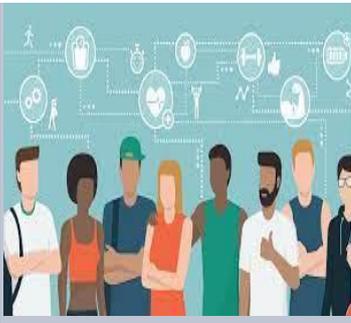
Corporate Health & Wellbeing Package



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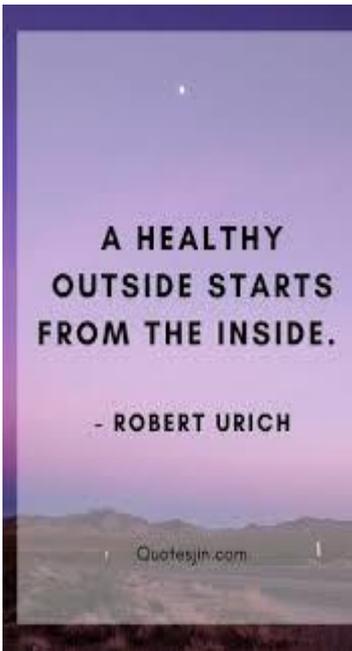
- 60% Reported Increase In Common Mental Health Conditions amongst Employees
- 59% The % of Long term absences citing Mental ill health
- 46% The % of long term Absences citing Stress/Anxiety





Promoting well-being can help to reduce long term absenteeism as a result of stress /anxiety and mental wellness problems by creating a positive working environment where individuals and organisations can thrive.





Corporate Health & Wellbeing

Corporate Health and Wellbeing is the state of being comfortable, healthy or happy at work and it is proven to be beneficial to both employees and organisations. Promoting well-being can help to reduce long term absenteeism as a result of stress and mental health problems by creating a positive working environment where individuals and organisations can thrive.

How can Narié Holistic Packages help?

We help small and large companies to distribute a one-off delivery or program of wellbeing gifts as a thank you for employees or for events and conferences to foster a company culture of health and wellbeing. Our gift boxes are a great way to promote Wellbeing at work or to introduce a Wellbeing Program to staff with various Holistic Treatments with our Multi-Awards Winning Holistic Specialist for set price of £60.00 per person Per Package which is Taylor made for each individual needs.

Delivering a Narié Holistic Therapy Package can help employees

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feel more open to discuss struggles with mental health and encourage staff to make their own wellbeing a priority. The simple gesture of receiving one of our care packages helps employees to feel cared for by their employer and can help to increase a sense of belonging and motivation, especially when working from home.

Our care packages provide a practical tangible way to deliver wellbeing to the door or desk including Virtual Talking Therapy. **COVID 19 and Corporate Wellbeing now and beyond**

The implications of the virus outbreak for everyone's health and well-being during and after the pandemic are significant, including on employees mental health. Our employee care packages help to encourage employees to have a good self-care routine including a healthy approach to diet, relaxation and sleep.

Given the current strain placed on individuals by the COVID-19 pandemic, it's critical that employers step up support for the health and well-being of their staff.

Many employers are already creating healthy, inclusive workplaces understanding the links between wellness, productivity, attraction and retention. COVID-19 has raised employee wellness up on companies' business agenda by supporting staff to work from home.

