

Well-Being for Organization Coaching

Well-Being Is The Key To Your Success

By enforcing well-being, we ensure the conditions for the continuation of work and success.

With coaching, we support the performance of the individual, as well as workplace atmosphere, sense of togetherness, and productivity.

Employees, who feel good and healthy, are more agile to solve problems, are flexible, and recover faster even from challenging situations.



The Entire Work Community Benefits from Well-Being

- **Pausing**, and prioritizing your own well-being - when you are doing well, you can better support others in improving their well-being.
- Through leading by example, personal **well-being**, as well as work community well-being, gradually become a **central value for business operations**.
- **Commitment and employer image** are strengthened.
- Insights, experiences, follow-up, and positive challenging, instill sustainable, health and **well-being enhancing habits to everyday life, that suit your lifestyle**.
- Thoughts are clarified, the **quality of effectivity and decision making improves** - instead of fumbling around, be present in the here and now.



We develop competence

- **To modify routines** - giving up and building something new.
- **To pause and listen** to yourself and others to see the essential and do the right things smarter.
- **Self-leadership and self-knowledge** that have a direct impact on interaction and interpersonal relationships.
- **To promote well-being** with concrete tools.



Well-Being Is Practical Actions

- Instead of theory, **in meetings, we work with concrete exercises**, which can be directly put into practice.
- With personal coaching, we ensure, that each client gets to be genuinely seen and heard.
- With workshops we enforce a positive work atmosphere, trust, and the power of working together.



Well-Being for Organization Coaching

Coaching period 8-10 months

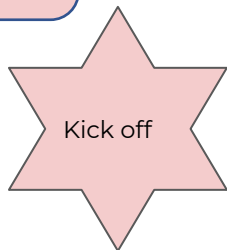
Wellness application: Monitoring, activation and control of wellness status, personal recommendations + tool for teams

Mapping
of the
initial
state

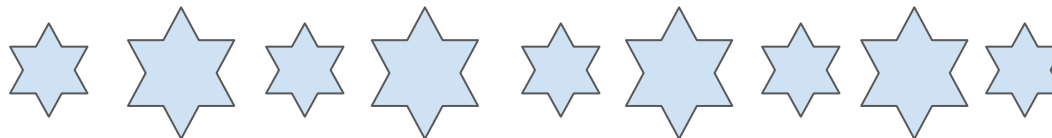
Strengthening Brain Wellness Workshops, 4 times



Personal LovelyLife®-Wellness Coaching for Supervisors, 5 times
Start-up meeting, 3 x follow-up meetings and structuring a continuation plan
à 50 min.



Final
seminar



Group meetings for Supervisors, 4 times à 3 hours

Group follow-up
meeting 6 and 12
months
after coaching

Entire personnel

Supervisors

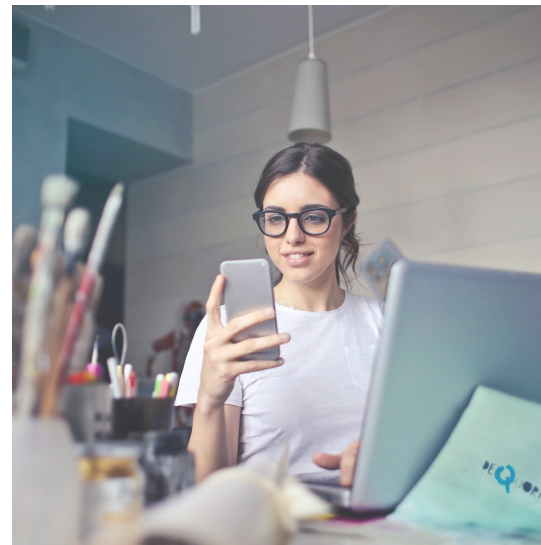
Meetings conducted as agreed either face-to-face or via video call.

The wellness application activates in everyday life

Together, we choose the wellness application that best meets your needs.

We ensure that the application:

- Is conversational and give feedback to the employee
- Is based on scientific research and validated
- Create an up-to-date picture of employee well-being
- Highlights the main areas for development
- Increase discussion and openness to teams and the workplace



Personal Coaching

- Topics of the personal wellness coaching:
 - Nutrition and weight management (Finnish nutritional recommendations) - eating habits, meal composition, beverages
 - Exercise and daily activity (UKK-institute exercise recommendations) - less sitting, diverse and enjoyable activity
 - Sleep and recovery - cherishing sleep, different means of recovery
 - Permissive attitude towards life - along with self-compassion, strengths, resources, and personal relationships.
- Coaching includes:
 - 5 personal meetings with a LovelyLife® Coach
 - Online lectures on the related topics
 - Weekly exercises



Together We Build A Better Everyday Life

- In group meetings we focus on sharing experiences and **gathering concrete tools**, which can be put directly to practical use.
- The topics of group meetings are **chosen according to your needs and processed through your own examples**. Topic examples:
 - My strengths, resources, and emotions at work
 - How to take care of my brain
 - Values and meaningfulness, motivation, and commitment
 - Activity and recovery - where to get energy for life
 - My needs and other people - encounters and interaction



Is the Investment Truly Worthwhile?

- Your important resources will stay with you, **your operational capacity is maintained without interruptions**, and time is saved due to reorganization of work and resources.
 - **Personnel will be empowered to take care of their own well-being.** Sick leaves, occupational healthcare costs, and work capacity risk will be reduced.
 - **Work quality and productivity of working time increase =** less mistakes, focus on the correct issues, and acting smarter.
- > Effect is tens, or even hundreds, of thousands of euros annually!**



Together, we will ensure your success

We want to meet your needs.

We look forward to a conversation with you where you will tell

- where you have succeeded
- what do you get excited about
- which right now in vain
- where you want a change

Together we will find the best solution for you!

The pricing of our offer is based on the number of participants and appointments in the coaching.

Please call us to make an appointment: +358 45 126 1100 / Alisa.



Our Coaching Feedback

The coaching helped me to regularly stop and think about my own well-being.

The journey was challenging, but without it, I doubt I would be here as confident and able to encounter the future as I am now.

Sharing and hearing experiences was important. Through them, I learned more from others, and they helped put my own challenges in proportion.

I realized during the coaching, how I could influence my own well-being!

I wanted to participate in this, because I needed support and tools to change my life. The success exceeded my expectations!





Alisa Yli-Villamo

Master of Economic Sciences

Founder and CEO, IhanaElo Oy - LovelyLife Ltd

LovelyLife® Wellness Coach and Coach Trainer

LCF Life Coach®

BrainID® mentor and Firstbeat Certified Service Provider

alisa@ihanaelo.fi

+358 45 126 1100

[LinkedIn Alisa Yli-Villamo](#)

www.ihanaelo.fi

Fb @ihanaelo



L o v e l y L i f e[®]