



## Well-Being for Supervisors Coaching

# Well-Being for Supervisors Coaching Benefits

- 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.
- BrainID® brain condition measurement gives objective and evocative information that motivates change.
- 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.
- The extensive range of management experience within our LovelyLife®-team strengthens the connection between well-being, leadership, and business.

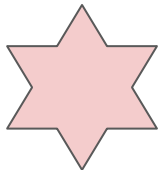


# Well-Being for Supervisors Coaching

## **Personal LovelyLife®-wellness coaching, 9 times**

Start-up meeting 1,5 h, 7 x follow-up meetings and structuring a continuation plan à 50 min.

BrainID®-  
brain  
condition  
assessment



OPTION  
BrainID®-  
brain condition  
assessment



**Group meetings, 3 times à 2,5 hours**

# Well-Being for Supervisors Coaching, 5 months

## My well-being

- BrainID® assessment offers objective information about the resources, functional ability, and recovery capacity of the brain.
- Personal qEEG-measurement, BrainMind Audit® profile, and sparring discussion 1,5 hours.

## Personal coaching

- LovelyLife® wellness coaching, 7 follow-up meetings à 50 min.
- Group coaching of supervisors in personal coaching, 3 times à 3 hours. We share experiences and put together a toolkit that a supervisor can use to support their team.

## Next steps

- Building a personal continuation plan, meeting 50 min.
- OPTION: Verifying the effectivity of the coaching, and the life changes made, with a follow-up BrainID®-assessment.

# Knowledge Motivates Action, BrainID®

1

## Brain is the well-being center

qEEG-measurement gives reliable and objective information about the brain's resources and performance capacity

2

## Knowledge motivates action

BrainMind Audit® -profile shows, how your lived life has affected the brain, and how well it functions. A mentor ensures, that you understand the results you get.

3

## Sparring supports change

Sparring with other individuals and groups develops operational procedures, which support the well-being of individuals and work communities



# 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:
  - 9 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





# Your Investment (prices vat 0%)

<b>Investment in the well-being of your supervisors</b>	<b>Euros /participant</b>
Personal qEEG-measurement, BrainMind Audit® profile, and sparring discussion 1,5 hours	
7 x follow-up meetings and structuring a continuation plan à 50 min	
3 group meetings à 2,5 hours, sharing experiences and gathering tools	
<b>Investment /participant, minimum group size 5</b>	<b>2 700</b>
OPTION: Follow-up BrainID®-assessment. Coaching feedback discussion as part of the final meeting, price/assessment	390

Meetings will be held online or at client's premises.

Coaching languages Finnish and English.

**Well planned and executed actions, that increase occupational welfare, can be financially very cost-efficient. Studies show, that the return on investment can be from 3 up to 6 times as much. Source: Työterveyslaitos (Finnish Occupational Health Organization)**



# 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!**



# 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!*



# Feedback to the Coaches

*Strengths were positivity, people-orientedness, acknowledging individuality positively, and progressing one realistic step at a time.*

*The content is structured logically. Everything formed a comprehensive package.*

*Open and positive personality. Preconceptions faded quickly. Especially in the construction business, we regard new people initially with reservations. You got people to open up.*

*I liked, that you succeeded in creating an open atmosphere, in which many of us talked about things, we otherwise would not have said out loud.*

*You guided the discussion in the right directions, but still gave room to think, and find our own solutions.*



# BrainID®-Assessment Feedback

*Interesting. Revealed things I didn't know.*

*Marvelous experience on my part. Great to see, that the steps taken helped and affected the well-being of the brain.*

*Awakened my curiosity. Would be great to get an assessment again in two years.*

*Significantly impacted my decision to participate.*

*The assessment showed the true challenge areas. The specific information was useful.*

*The measurement results were eye-opening. Something needs to be done!*

*It was comforting to see, that my own condition was good. It dispels the worry, which sometimes arises.*





# 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](mailto:alisa@ihanaelo.fi)

+358 45 126 1100

[LinkedIn Alisa Yli-Villamo](#)

[www.ihanaelo.fi](http://www.ihanaelo.fi)

Fb @ihanaelo



L o v e l y L i f e<sup>®</sup>