



In-House Wellness Coach

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

- 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.
- **Pausing**, and prioritizing your own well-being - when you are doing well, you can better support others in improving their well-being.
- Step by step, personal **well-being**, as well as work community well-being, gradually become a **central value for business operations.**
- **Commitment and employer image** are strengthened.



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 group meetings, we enforce a positive work atmosphere, trust, and the power of working together.
- We conduct meetings with a coaching* approach and activate participants to promote things independently between meetings.



* The framework for coaching consists of cognitive behavior theory, positive psychology, and solution focus.

Comprehensive Well-Being

- Your named in-house wellness coach is available to you on a regular basis.
- To ensure effectiveness, we recommend that in the days of an in-house wellness coach we conduct several four-month, 9 regular appointments of LovelyLife® wellness coaching.

The day can be built, for example, from the following:

8.30-9	Open morning coffee
9-11	Group coaching
11-12	Lunch break
12-12.45	Well-being moment to the team
13-15	Personnal coaching, 2 x 50 min



LovelyLife® Wellness Coaching

My well-being

Individual or group meetings

Next steps

- Initial assessment and setting personal goals with wellness coach, à 50 min
- OPTION: qEEG-measurement and BrainMind Audit® -profile sparring discussion with BrainID® -mentor à 1,5 hours.
- Personal LovelyLife® wellness coaching, 7 follow-up meetings à 50 min.
- OR follow-up meetings in group à 2 hours.
- Structuring a personal continuation plan.
- Meeting in personal coaching process 50 min and in group 2 hours.
- OPTION: Verifying the effectivity of the coaching, and the life changes made, with a follow-up BrainID®-assessment.

LovelyLife® Coaching Topics

- Topics of the LovelyLife® 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:
 - Meetings with a LovelyLife® Coach
 - Online lectures on the related topics
 - Weekly exercises and follow-up



OPTION: 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



Your Investment (prices vat 0%)

Investment in the well-being of your personnel	Euros
In-house wellness coach available for your personnel from 8.30 to 15, price/day. Minimum period 6 months.	1 100
Supporting commitment OPTION: Personal brain condition assessment: qEEG-measurement, BrainMind Audit® -profile and coaching feedback discussion as part of the initial and final meeting /participant, price/assessment	390

We will together look for the best LovelyLife® Wellness Coach for you!

Prices are valid until further notice. Ask for an offer and we make the most suitable package for you.

We are also a service provider for Firstbeat Wellness Analysis.

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.

Positive and assertive approach.



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.





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