



**REIMAGINING  
WORKPLACE WELLNESS  
TOGETHER**

**FUTURE  
OF WORK**  
institute.

A Cpl Company

**FUTURE  
OF WELLNESS**

Enterprise Level Health, Safety & Wellness

# REIMAGINING WORKPLACE WELLNESS TOGETHER

The world of work is changing for everyone. Organisations big and small are rethinking strategy, organisation design and the welfare of their employees.

For years, the workplace has been the leading cause of stress and Covid 19 has shown us that there is a real need to put employees and their well-being at the centre.

We now have the opportunity to rewrite our employee wellness story.



## AS AN ORGANISATION YOU MAY BE STRUGGLING TO:

- **Move away from a one size fits all approach to well-being**
- **Facilitate the needs of diverse cultures, generations and multiple sites**
- **Increase engagement and participation rates**
- **Deliver a unique programme with limited budget**
- **Understand the real impact of your programme**
- **Dedicate resources to design, manage and deliver the programme with multiple vendors**

To move away from these burdensome tasks you will need to access to innovative wellness technology, strategic design solutions and tailored wellness interventions.

At [Cpl's Future of Work Institute](#), we are helping organisations redefine their **Future of Wellness**. We have seen first-hand the transformational value that having a well structured wellness programme can have for both the employee and the business. Because of our unique co-create approach not only can we help you design a bespoke programme to the needs of the employees, we can put real KPI's against it to help drive engagement and increased wellbeing for all. With our ecosystem of health experts and emerging technology your employees get the best solutions unique to their health challenges.

# HOW WE WORK WITH YOU

We like to provide customised advice, design and deployment of the most appropriate wellness solution that will work for your business and your employees, so you can reimagine the future of wellness together. As a result, we use our ACED approach to make sure we get you what you need.

## We like to:

- **Audit . . .**  
the employee and organisation's well-being needs taking a multi-dimensional approach to help pinpoint gaps and areas of focus
- **Co-Create . . .**  
your bespoke wellness programme to ensure the most impactful and engaging solutions for your employees
- **Engage . . .**  
employees and key stakeholders to ensure a smooth delivery, participation and increased well-being for all
- **Drive . . .**  
continuous improvements using data and analytics to measure overall success, engagement and deliver your return on Investment



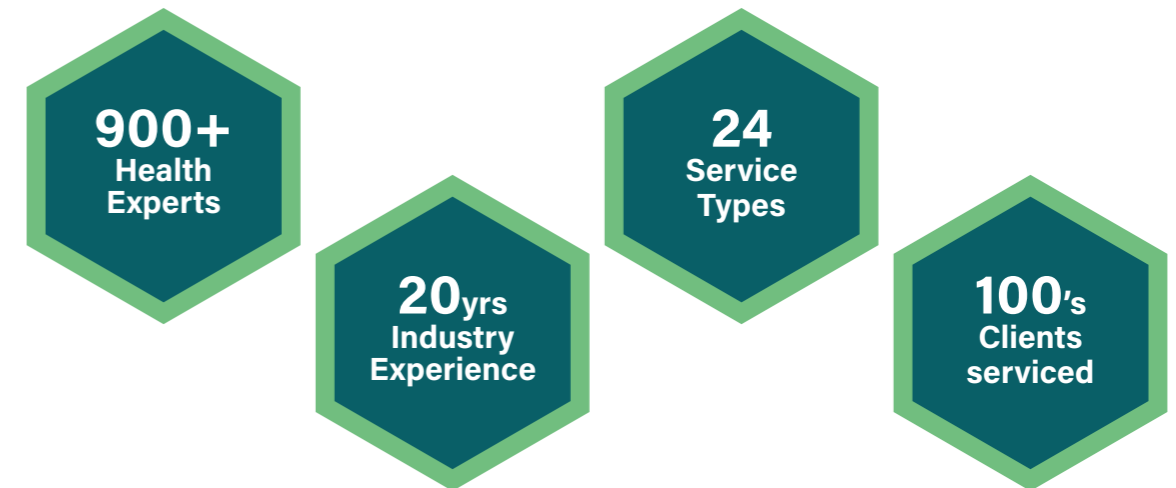
# WHY US AND NOT SOMEONE ELSE?

Cpl Group has been in the health, safety and wellness space for over **20 years** providing health screening, occupational health services, health & safety standards and wellness solutions to hundreds of clients. Through our **Future of Work Institute**, we believe that how organisations and employees work is evolving, and health, safety and wellness will be a key enabler for the future.

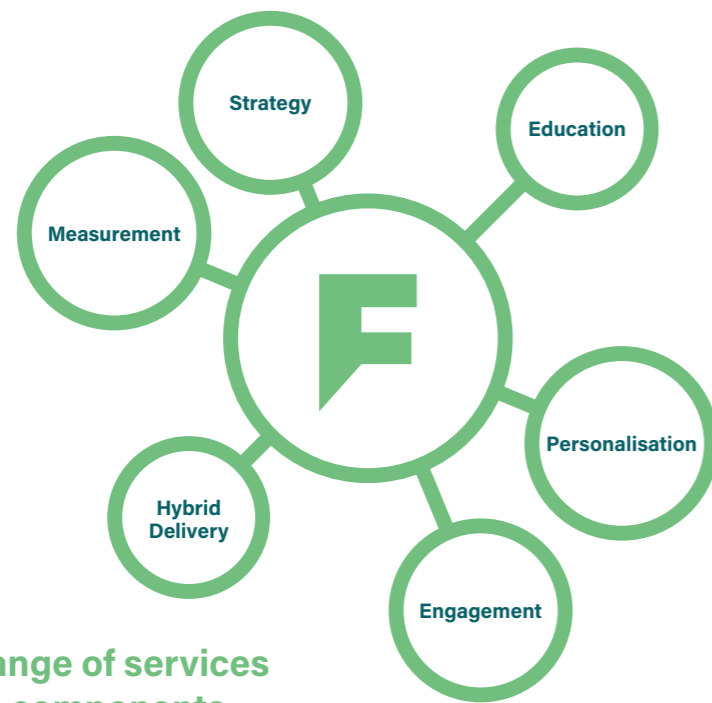
To support our clients, we have converged our services to bring our clients tailor made future focused enterprise level wellness solutions that are a key for businesses now and into the future. With over 900 expert health coaches and over 24 service types making us one of the largest health, safety and wellness providers in Europe.

## We have:

- ✓ All your wellness services in one place, supplied by one vendor, under one brand
- ✓ Dedicated key wellness account managers to ensure your wellness programme is tailored to the needs of your organisation and employees and you get the right support throughout
- ✓ The right network of health experts and coaches to deliver high standard services
- ✓ Emerging technology with AI, intranet integration, data and analytics
- ✓ Access to future trends, emerging technologies and validated assessments ensuring that your wellness programme is designed with elevated wellness solutions



# OUR SPECIALIST AREAS INCLUDE



We offer a range of services across the 6 components of wellness

## Strategy

Understanding your employee's health and wellbeing needs as well as minimising the physical and psychological risk of work is important for every employer. Our dedicated Wellness Consultants help you to understand the focus of your wellness programme to strategically design your wellness programme.

This includes services such as:

- Wellness Audit
- Programme Strategy Design
- Account Management
- Validated Assessments

## EDUCATION

Helping employees to understand how to make changes to enhance their health and wellbeing is an important step to ensuring personal accountability and behavioural change. Our expert health coaches are trained to deliver tailored evidenced based sessions to meet your employee's needs.

We offer a wide variety of topics that can be delivered as:

- Seminars / Workshops
- Classes
- Training / Compliance Training
- Awareness Campaigns

## PERSONALISATION

As wellness evolves more and more people are looking for personalised solutions. One size fits all does not often have the same impact. Through our personalised services your employees can ensure their health and wellbeing is tailored to their needs, health concerns and wellbeing goals.

Our services range from:

- Health Screening
- Private Clinics
- Telehealth Services
- Private Coaching

## ENGAGEMENT

Participation in wellness activities is always a big priority for many employers. Those that participate in wellness interventions are often happier, healthier and more productive at work. It has also been shown to enhance behavioural change.

We have a wide range of solutions that can help boost engagement including:

- Team Challenges
- Health Sprints
- Reward
- Incentives

## HYBRID DELIVERY

The world of work is changing and so too must the delivery of wellness programmes. We offer a range of delivery options including use of our partner technology platform which can be delivered as an app, platform and intranet integration perfect for organisations with a blended workforce.

Our delivery solutions include:

- Physical delivery
- Virtual delivery
- App and Platform
- Intranet integration

## MEASUREMENT

More organisations are looking at the return on Investment of their wellness initiatives and the impact it has had on employee health and wellbeing as well as the impact on the business such as improved productivity, reduced absenteeism, higher employee engagement scores, reduced attrition and improved employer brand. Our programme measurement options can help you become the employer of choice.

These include:

- Monthly reports
- KPI management
- Strategic analysis
- Continuous improvement plan



# LOOKING TO BOOST EMPLOYEE WELLNESS?



## BOOK A CONSULTATION TODAY.



**Elysia Hegarty**  
Future of Work Lead &  
Wellness Expert  
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Ph: 085 8719900

Contact Elysia now to book a complementary client consultation call to see how we can reimagine workplace wellness together.

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Future of Wellness operates under the Future of Work Institute. Part of Cpl Group.

# About the Future of Work Institute

CPL ARE LIVING THE FUTURE OF WORK DAILY WITH OUR CLIENTS. THE FUTURE OF WORK INSTITUTE, A CPL COMPANY, IS A CONSULTANCY THAT EXPLORES, QUESTIONS AND HELPS DESIGN FUTURE WORK SOLUTIONS WITH OUR CLIENTS, PARTNERS AND COLLABORATORS.

Future of Work Institute part of Cpl Group is a consultancy business that explores, questions and designs future work solutions with our clients, partners and collaborators. We conduct research, workshops, events and projects across 7 core pillars such as Diversity and Inclusion, Talent Technology, Employer Proposition, New Workforce Models, Creative Leadership, Government & Regulatory and Future Skills.

For any queries about the Future of Work Institute please contact:  
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For more information please contact - [hello@futureofwork.ie](mailto:hello@futureofwork.ie)

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