



Premium
wellbeing solutions:
The secret to
tenant satisfaction





Contents

| | |
|----------------------|----|
| Our Mission | 04 |
| Core Services | 06 |
| Workshops & Coaching | 08 |
| Wellness Training | 10 |
| Wellness Days | 12 |
| Create Your Gym | 14 |
| Upgrade Your Gym | 15 |
| Why Choose Us? | 16 |
| Reflect & Plan | 18 |

Rethink Wellbeing. Retain Your Tenants

A thriving workplace starts with wellbeing – and it pays off.

→ **Tenants Expect More Today**

Wellbeing isn't a luxury anymore. Businesses want more than desks and meeting rooms. They're prioritising health, productivity, and workplace culture.

→ **The All-in-One Wellbeing Solution**

At Synergy Wellbeing, we design, build and manage premium fitness and wellness solutions tailored to your building. Whether creating a gym from scratch or enhancing what you already have, we deliver spaces and programmes that engage tenants, increase satisfaction and deliver real ROI.

Is your building delivering the wellbeing tenants expect?

87%

DID YOU KNOW

About 87% of employees said they consider health and wellness offerings when choosing an employer. *

* Forbes.com

Mission Statement

We are committed to elevating workplace wellbeing through comprehensive, tailored services that integrate the latest technology and wellness expertise.



Premium Wellness, Managed to Perfection

Premium fitness and wellness solutions
tailored to your building and tenants’ needs.

What would a fully
managed, thriving
gym bring to your
building?

→ **Bespoke Gym Design**

From expert design to seamless operations, we design and build gyms that maximise space and inspire regular use.

→ **Engaging Wellness Programmes**

Fitness classes, health challenges and workshops that keep tenants excited, engaged and coming back again and again.

→ **Top-Quality Equipment**

We source cutting-edge fitness equipment and ensure it’s maintained to the highest standards.

→ **Data-Driven Insights**

Using tools like FirstBeat Life™, we measure success and provide detailed reports with tailored advice to improve an individual’s health and wellbeing.

→ **Audit & Compliance**

We handle all audits, certifications and monitoring to guarantee a safe, high-performing gym.

DID YOU KNOW

Businesses offering health and wellness programmes see a 25% reduction in absenteeism*

25%

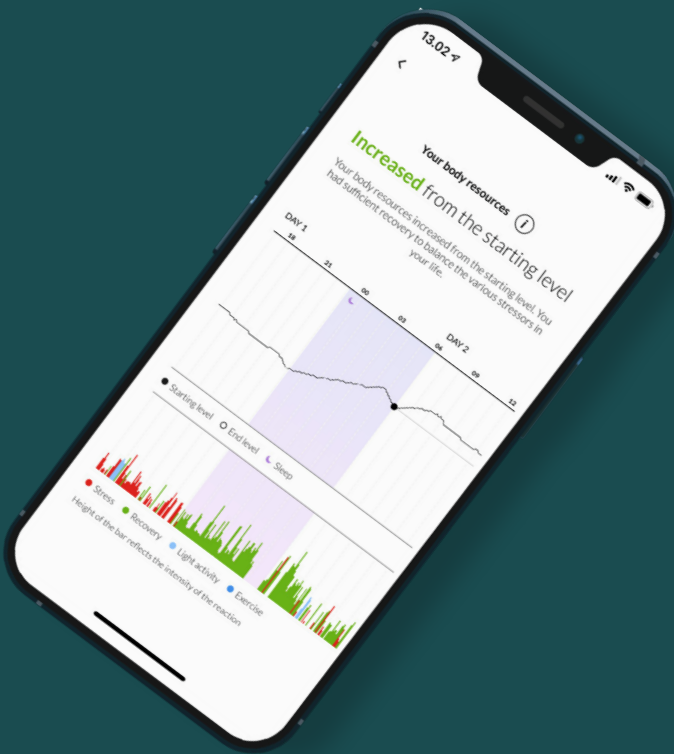
*World Economic Forum



Wellbeing That Goes Beyond the Gym

Wellbeing is more than fitness. Our workshops, coaching and technology create long-term value for tenants and building managers.

How could these services transform your tenants' wellbeing?



→ Wellbeing Workshops

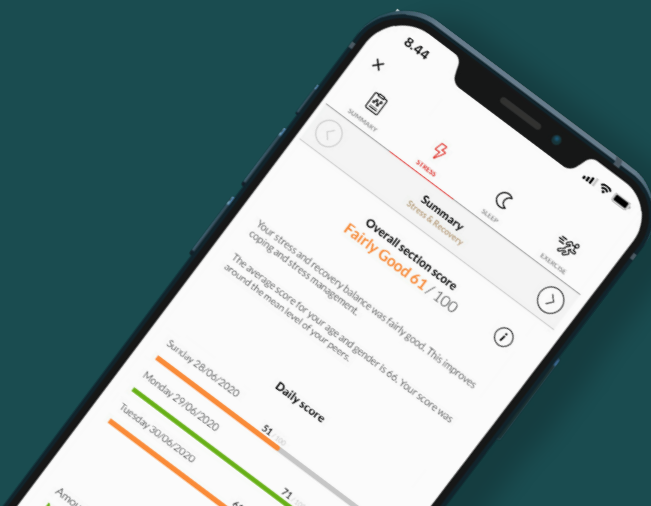
Interactive sessions on stress management, nutrition and resilience give tenants practical tools to thrive.

→ Personalised Coaching

One-on-one support to help tenants boost their physical and mental health – from fitness and nutrition to stress management.

→ Wellness Technology

Cutting-edge tools like FirstBeat Life™ and InBody Body Composition Analysis provide insights that improve wellbeing.



Having access to Synergy Wellbeing's services has been a fantastic addition for our company - it's made a noticeable difference to staff satisfaction.

“

Sophie Potter
Juxt



Equip Tenants to Succeed – Inside and Out

We offer mental health and leadership training that supports tenants and builds healthier, more productive workplaces.

→ **Mental Health Training**

Certified courses that teach tenants how to spot challenges early and provide meaningful support.

→ **Workplace Mental Health Awareness**

Engaging sessions that reduce stigma and create a culture of care and inclusion.

→ **Leadership & Team Performance Coaching**

Tools like the Myers-Briggs Type Indicator (MBTI) personality assessment and Leadership 360 evaluations provide valuable insights into individual strengths, communication styles, and team dynamics. By fostering self-awareness and understanding within teams, these tools help build stronger, more effective leaders and cohesive teams.

How could better mental health support transform your building’s culture?

Synergy Wellbeing’s classes are convenient, professional and tailored to our needs. The team’s advice has been invaluable.

“

Beverly Goldsworthy
City Fibre



DID YOU KNOW

1 in 4 adults experience a mental health issue each year.*

1/4

DID YOU KNOW

Employees with access to wellbeing initiatives are 1.5 times more likely to stay with their employer.**

1.5

*mentalhealthmidlands.co.uk
**IPD Health and Well-being at Work Report 2023

Transform Your Workplace with Wellness Days

A healthier, happier team starts here. At Synergy Wellbeing, our Wellness Days inspire, educate, and empower employees, enhancing wellbeing, productivity and workplace engagement.

→ **Body Diagnostics & Blood Pressure Checks**

Help your team gain valuable insights into their health. Using advanced tools, we assess key health metrics like body composition and blood pressure, offering practical advice for long-term improvements.

→ **Compression Boots for Recovery**

Experience cutting-edge recovery technology. Our compression boots boost circulation, reduce muscle soreness and leave your team feeling rejuvenated.

→ **Interactive Workshops**

Empower your team with expert-led sessions tailored to their needs:

- **Stress Management & Resilience:** Techniques to tackle workplace challenges with clarity.
- **Nutrition for Energy & Performance:** Fuel your body for sustained focus throughout the day.
- **Sleep Optimisation:** Understand and improve sleep for better productivity.
- **Desk Ergonomics & Movement:** Simple strategies to ease discomfort and enhance wellbeing.

→ **Health Coaching**

Our professional coaches provide personalised, actionable guidance to help employees set and achieve their health goals. From managing stress to improving fitness, we make wellbeing accessible.

→ **Posture Analysis**

Poor posture affects comfort and productivity. Our specialists offer tailored assessments and advice to help your team move better and feel better.

Invest in your workforce’s wellbeing – contact us to plan your Wellness Day

Synergy’s wellness days are a perfect blend of knowledge and connection, bringing our tenants together, offering valuable insights and growing our community whilst promoting a healthier more engaged workspace.

“

Samantha Duffin
Front of House Manager, Norfolk & Ashton House



DID YOU KNOW

Companies that implement workplace wellness programs can see a 6-to-1 return on investment (ROI), primarily due to reduced absenteeism and medical costs.*

6x

*People Element

Turn Empty Spaces Into Fitness Hubs

We guide you step-by-step to create a bespoke gym that adds real value to your building.



Do you have an empty space that could be repurposed?

The Process: From Concept to Creation

For buildings without a gym, we guide you from vision to reality:

- 1 Consultation**
We assess your space, tenant needs, and budget to build the right solution.
- 2 Bespoke Design**
Functional, attractive layouts that make the most of your space.
- 3 High-Quality Equipment**
We source and install premium equipment for a professional fitness experience.
- 4 Staffing & Classes**
We bring in expert trainers and engaging fitness timetables that tenants enjoy.
- 5 Wellness Integration**
Introduce initiatives like health MOTs and group challenges to drive engagement.

Breathe New Life into Your Existing Gym

We can revitalise and enhance your existing gym, turning it into a standout tenant feature.



How could a refreshed gym add value to your building?

The Process: Refine and Elevate

For buildings with an existing gym, we refine and elevate your wellness amenities:

- 1 Gym Audit & Assessment**
We evaluate your current gym and pinpoint opportunities for upgrades.
- 2 Enhanced Services**
We introduce engaging group classes, personal training and tailored wellness programmes.
- 3 Layout & Equipment Upgrade**
Our team improves the space and equipment to ensure a premium experience.
- 4 Ongoing Support**
Proactive maintenance and tenant engagement keep your gym running smoothly.
- 5 Wellness Enhancements**
Incorporate workshops and health tools to keep tenants engaged long-term.

Tailored Solutions. Real Results.

From bespoke design to engaging wellness programmes, Synergy Wellbeing delivers spaces and services that make your building stand out.

We help you retain tenants, attract premium businesses and deliver measurable returns – all while fostering a healthier, happier community.

What’s your building’s next step to becoming a healthier, happier space?

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info@synergywellbeing.net

synergywellbeing.net

70%

DID YOU KNOW

70% of employees enrolled in wellness programs have reported higher job satisfaction than those not enrolled in the companies’ program.*

*peopleelement.com



Reflect & Plan with Synergy Wellbeing

Use these questions to clarify your goals and identify how Synergy Wellbeing can support your journey.

Q1 What are your top three goals for improving health and wellbeing within your building or organisation?

Q2 Where does your organisation currently stand in terms of physical and mental health support for your tenants or employees?

Q3 What options or solutions could help bridge the gap between where you are now and where you want to be?

Q4 What actions are you ready to take to achieve these goals, and how can Synergy Wellbeing assist you in this process?

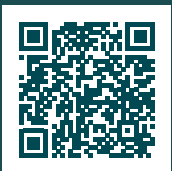
Q5 What does success look like to you after implementing wellness initiatives with Synergy Wellbeing?

Use this handy grid to jot down a rough plan!

Contact us today to elevate tenant satisfaction, boost retention and make your building the place where businesses thrive.

+44 (0) 1234 481 501

info@synergywellbeing.net



**Let's create a healthier,
happier workforce together!**

Connect with us on LinkedIn
to stay informed and inspired.