

# Soul Sanctuary Outreach

## Employee Wellbeing Questionnaire



SOUL SANCTUARY



# Soul Sanctuary Wellbeing Questionnaire

## I. UNDERSTANDING YOUR NEEDS

What are the key areas of improvement within your business? Tick the appropriate box if this is something you want us to support you with

### People

- Employee Stress
- Work life balance
- Happiness

### Team

- Performance
- Lack of team bonding
- Poor communication

### Company

- Absenteeism
- Employee retention
- Productivity

## 2. CURRENT APPROACH

Do you provide any form of the following health and wellbeing support for employees in your business?

### Mindfulness

i.e. Meditation, breathing practices, journaling

### Psychology

i.e. Stress management, life coaching, personal development

### Physical Activity

i.e. Yoga, fitness, cycle to work scheme



### 3. MEASUREMENT

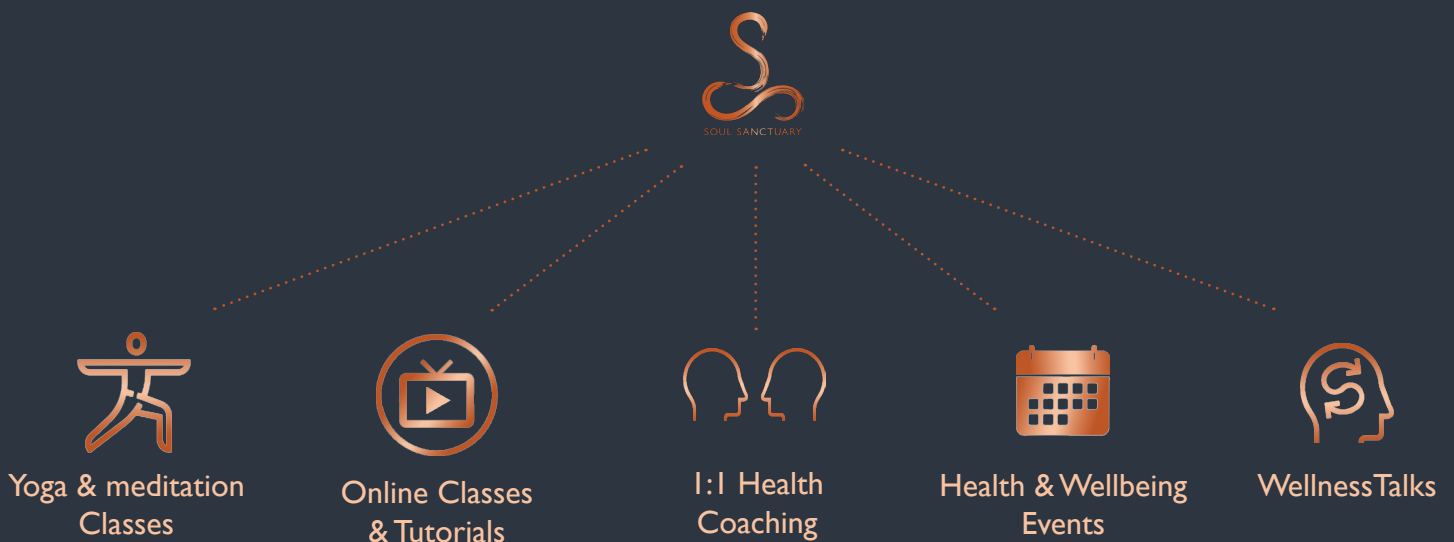
Do you track the health and wellbeing of your employees? If so, how?

### 4. WHY WE EXIST

At Soul Sanctuary, we believe that nurturing and enhancing both the physical and mental health of staff through **yoga, psychology** and a **healthy lifestyle** is what drives performance and wellbeing.

So, we have created employee wellness programs built around the power of yoga to ensure that no matter what the industry or workload, your team feel energised, cared for and empowered to achieve any goal ahead!

### 4. WHAT WE OFFER





## 5. OUR APPROACH

We offer tailor made packages to educate and empower individuals to feel their best, both physically and mentally, in the workplace and at home. These 3 packages are examples of what we can offer your organisation. Ask yourself the question:

**“What do my employees need?”**



### Spark Impact



### 360 Immersion



### Sustained Change

- Initial survey to understand how to support your employees and to identify key areas of improvement
- Tailored Soul Sanctuary Health & Wellness Course
- 4 x Weekly Yoga Classes

- Initial survey to understand how to support your employees and to identify key areas of improvement
- Tailored Soul Sanctuary Health & Wellness Course
- Weekly yoga classes for 6 months
- Online access to Soul Sanctuary TV - yoga & mediation class library
- Response survey to assess employee health & wellbeing progress

- Initial survey to understand how to support your employees and to identify key areas of improvement
- Tailored Soul Sanctuary Health & Wellness Course
- Weekly yoga classes for 12 months
- Online access to Soul Sanctuary TV - yoga & mediation class library
- Response survey to assess employee health & wellbeing progress
- I-I coaching reward programme for 5 individuals
- 30-Day Meditation Series

## 6. WHY WE DO WHAT WE DO



*"It was only through a soul sanctuary session, that I realised how powerful that 5 mins of not having to be anywhere, not having to do anything other than rest for a very short period, actually is and has a worth that could not be measured by a salary."*

**HSBC Energy employee**



*"Our employees have all been extremely grateful for Soul Sanctuary's insights and yoga lessons - one individual is currently on a managed return to work after having been off for a number of months with chronic fatigue!"*

**Lesley Savage, Manager of Business Engagement & Projects, EDF**



*"It was a fabulous talk. it was just right for the audience. The feedback from the team was amazing, and everyone appreciated the opportunity to reflect and to try something new and self-focused. Soul Sanctuary left us with a broadened mind and greater awareness of how to manage our own health."*

**Jennie Lane, Shell UK Retail Network Manager**

## 7. GET IN TOUCH



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soul sanctuary