

Work your way **well.**



KERRYWELLBEING

Be strong • Be vital • Be well

Your workforce is becoming increasingly more health-conscious.

However, long working hours, lengthy commuting times and constant multi-tasking is making it more difficult for them to find the time to act on wellness in their daily lives.



According to Vhi's Health Insights Report on Mental Health in the Corporate Workplace (June 2018):



33% said that the stress in their jobs would cause them to consider moving jobs.



50% of employees feel they must disguise the stress they feel at work to maintain their career prospects.



25% of employees under the age of 34 said they find life extremely or very stressful.



One in five have missed work in the past year due to stress, anxiety or depression.



1 in 3 employees report more stress than two years ago.



Your employees are your greatest differentiator.

And now you have a real opportunity to meet the needs of your most valued commodity by promoting wellbeing as a key factor in your company's culture.

Company culture is more than just the personality of a company – it defines the environment in which the team works and will help address issues such as presenteeism and absenteeism, which not only build a negative environment but in long run, affect your bottom line.

Wellness is no longer a nice to have – **it's a must-have.**



Get the right **balance**

The World Health Organization (WHO) defines health as – “a state of complete physical, mental and social wellbeing”

Using this holistic and balanced approach, Kerry Wellbeing can provide a range of practical talks, workshops and classes addressing each of these pillars of health.

Kerry Wellbeing works in consultation with companies of all sizes to tailor bespoke wellness programmes that provide participants with some practical tools to feel energised, relaxed and focused.

The techniques used are all designed to improve overall wellbeing in the body, as well as improve the capacity of the mind to focus, be calm under pressure and therefore be more resilient and effective.

Sessions are suitable for any corporate environment with practical exercises designed for desk workers.

Insights will be shared into the effectiveness of stress-reducing breathing techniques and simple mindfulness practices that can be used to address stress and the long-term effect it can have.

Build a **Wellness Culture**

According to Ibec's **Employee Absenteeism: A Guide to Managing Absence**, 11 million days are lost through absenteeism every year in Ireland at a cost of €1.5 billion, or €818 per employee.

A culture of wellness actually helps combat these costs and helps drive business results by creating an engaged workforce.

Engaged teams have been shown to outperform competitors in categories such as productivity, profit, and employee retention. Not to mention creating an aspirational environment that future employees want to work in.



6 reasons why your Company should work with **Kerry Wellbeing**

The success of your company depends very heavily on the productivity and work performance of your employees.

The ability to function and perform at a high level consistently is greatly aided by a holistic employee wellness programme where results will benefit both the employee and the company at large.

Here are just some of the reasons why working with Kerry Wellbeing to develop an effective Employee Wellness Programme is good for your organisation.

1. Decreased Healthcare Costs

The ever-increasing cost of healthcare is a growing cost for companies' capital expenditure.

Offering a well-rounded Wellness Programme that offers a holistic focus of both the mind and body can help reduce the high costs of employee healthcare.

2. Improve Work Place Morale

Employees who are healthier are happier.

They are also aware that their employer values their health and wellbeing, and this breeds loyalty, responsibility and in the long-run, maximises performance.

3. Reduced Absenteeism

There are many factors that influence a person's health and well-being.

These could be minor illnesses such as colds, or more serious matters such as heart problems or obesity. However, making a few well-informed, small changes in lifestyle could help improve and influence overall health and wellbeing, reducing absenteeism.

The most common reasons for absenteeism in Ireland's workplaces are backpain, stress-related issues and depression. An effective wellness programme will give people greater awareness on these issues as well as concrete tools to manage their own challenges.

4. Increased Productivity

The main aim of an Employee Wellness Programme is to encourage employees to lead healthier lifestyles. Being healthy increases concentration, energy levels and output.

Increased productivity in the workplace is a by-product of a well-constructed Wellness Programme.

5. Increased Company Loyalty

Increased employee loyalty is another significant benefit of an Employee Wellness Programme.

This is one of those intangible benefits that you really can't put a price on. Company loyalty means reduced costs in terms of turnover and recruitment and also makes for a more harmonious working environment.

6. Attract the "Best of the Best"

Millennials are not motivated by factors such as job security. Instead, they value opportunity, flexibility and a good work-life balance.

Creating a positive wellbeing philosophy will ensure that your organisation is where the "best of the best" aspire to work.





Kerry Wellbeing – Doing Wellness Well

Kerry White is a Corporate Wellness Consultant whose fully customisable programs have measurable results for companies of all sizes. Working together with your human resources team, Kerry will help cultivate a healthier, more productive work environment that will over time, help lower your company's overall healthcare costs.

Kerry Wellbeing was set-up in response to the growing need within the corporate world for Wellness Programmes that not only focus on the physical and mental wellbeing of employees but also compliment the performance goals of the organisation.

Having held different fast-paced international corporate and UN roles for over 20 years, Kerry understands the challenges many people experience, both physically and mentally.

Kerry worked at the World Health Organization (WHO) in Geneva for 9 years, where she became the organisation's first "holistic" therapist offering regular Shiatsu sessions to staff – often public health professionals suffering from high stress-levels due to constant travel and frequently working in challenging and stressful environments.

On completion of her Yoga training, Kerry extended her wellness offering to include lunchtime Yoga sessions which then morphed into a combination of Shiatsu and Yoga – a practice she calls Ki-atsu Yoga.

The results were remarkable, with people expressing a greater ability to manage their stress, as well as reduced back problems, headaches and other complaints. As a result of the positive impact of her early sessions, Kerry went on to design a broader range of workplace health and wellbeing sessions and talks.

Working with Ireland's top healthcare insurance company, Vhi, Kerry now designs and delivers Wellness sessions to many of their top corporate clients.

Sessions are suitable for any corporate environment and can be incorporated into lunchtimes, break-outs or whatever timeframe works well for both the company and the employees.

During these sessions, Kerry shares practical techniques and insights that aim to inspire people to help themselves. She teaches effective stress-reducing breathing techniques, simple mindfulness practices and insights into the nature of stress, and how it can impact us both positively as well as negatively.



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I am committed to working in partnership with organisations and businesses to equip every employee who attends one of my sessions, with an effective technique or insight to help them feel better on a daily basis – whether it's to deal with stress more positively, relieve a headache or backache or to simply improve focus.

Kerry

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Educate. Motivate.

Invigorate.

Working in close conjunction with your HR and/or Wellness Team, Kerry will ensure that she familiarises herself with all goals and concerns of both you, the employer, and your employees, in order to devise bespoke sessions that address issues pertinent to your working environment.

At the end of each session, your employees will not only gain a new and positive energy and perspective to their day, but will take away concrete tools to help them improve their overall resilience, and physical and mental health.

Your bespoke session could include combinations of:

Team Talks

The sessions are a blend of the mind/body techniques of Yoga, mindfulness & self-acupressure (Shiatsu).

They are practical, insightful and accessible, delivered in a meeting room and accompanied by a short presentation.

Sessions can be modified as required to a specific theme, such as Healthy Back, Resilience, Mindfulness, Positive Mental Health, Stress Management, Men's Health, The 5 Steps to Happiness and more.



Conferences

Brief sessions during your conference or event to help keep participants feeling fresh, awake and engaged.

A nice introduction to some practical mind/body techniques.



Break-Out Sessions

These brief, informal sessions will equip people with effective tools and insights to help them deal with different complaints - including backache, neck pain, headaches, fatigue and anxiety.

They can be short and sweet, held in an open-space office or even in a corner of the cafeteria - whatever works best to enable people take away some effective tools to manage their health and wellbeing during their busy day.

Desk Yoga

Sitting at a desk for hours on end places unnecessary strain on the lumbar spine, overstretches the mid to upper back, and shortens the chest and hips which ultimately can lead to neck, shoulder, and lower back pain.

Kerry will teach workers some easy-to-manage poses that can be done in confined spaces throughout the day. The combination of breath with movement goes a long way to helping de-stress during the office day and focus on the tasks ahead.



Mindfulness

Mindfulness doesn't need much explanation.

It's a proven methodology for stress reduction and is described as an antidote to our modern, busy lives.

It can alleviate common modern workplace, stress-related issues, improve focus and concentration and promote positive mental health.



Yoga Classes

Yoga is a perfect way to refresh the body and mind during or after a hard day's work. The mind/body approach to Yoga helps people to set their stress aside for a while - often when they return to work they can look at things differently and find new solutions to challenges.

Kerry's Yoga classes are a great balance of both strengthening and tension releasing work. Each class also incorporates some mindfulness meditation and yogic breathing techniques. The focus is on the mind as much as body, which is key for improved concentration, resilience, health and happiness.

Participants also experience the added benefit of some hands-on Shiatsu massage techniques great for helping soothe the tight back, neck and shoulder muscles.



Shiatsu

Illness, injury, stress, trauma, fatigue or poor lifestyle can cause an imbalance to occur in the flow of the body's natural energy. The result is that health and well-being may suffer. Shiatsu can help re-balance this energy. It can also be effective in maintaining overall health and well-being as it is thought to stimulate the body's own healing natural healing system

The techniques involve the application of pressure on specific acupressure points, as well as stretches and joint mobilisation to relieve tension, pain and restore the natural flow of energy to the body and mind. No oils are used in Shiatsu, and the receiver remains fully clothed. Workplace sessions are usually around 20 mins.

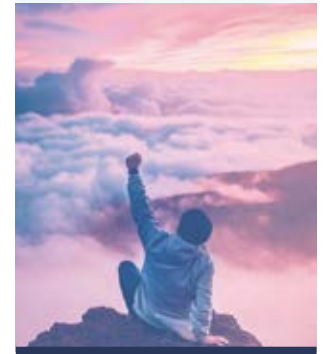


Holistic Coaching

Coaching is defined as "partnering with clients in a thought-provoking and creative process that inspires them to maximise their personal and professional potential."

Through a process of focused and powerful questioning, active listening, reflection and feedback, Kerry will work with the client to support him or her define and achieve realistic goals, to deal positively with change or stress, or to support the client to achieve any kind of beneficial transformation.

Working on a one-to-one basis, Kerry will help your employees to develop skills in stress management, goal-setting, communications, health and other key areas to help them lead more balanced and purposeful lives.



“Hear from our **clients**

Talks / Desk Yoga

"It was a pleasure having Kerry White come in and talk to all our employees about stress management. Her talk was excellent, interactive, calming and very interesting. I always say that even if you take away one thing from a speaker, then it was a success, but I can safely say that we all took away more than one thing from Kerry's session, so it was even a bigger success than I anticipated. I would highly recommend Kerry to any company that would like to highlight the importance of stress management with their employees."



"The 5 Steps to Happiness seminar was a great success amongst our employees! They thoroughly enjoyed Kerry's presentation. They were taught a number of exercises they can do at their desk and even gained some useful tips on mindfulness and relaxation. We would definitely recommend the 5 Steps to Happiness seminar."



"The site feedback has been fantastic, everyone is still talking about you and several people have asked me for the copy of the exercises you did. The general comments were that everyone found it very, very interesting and enjoyed the mixture of practical and presentations."



"Kerry presented a workshop for staff on 'Desk Yoga & Shiatsu with Mindfulness'. The feedback was overwhelmingly positive; it was not only very interesting and informative but very practical in its application."



Workshops

"We would like to thank Kerry White for providing four (1.5 hour) sessions on Resilience at WHO Headquarters. The program was a hit amongst the staff. Her sessions were very interactive and the participants enjoyed the hands on activities (such as identifying the acupuncture points and practicing the unique relaxation exercises) immensely."

Kerry has a flair for facilitation and has excellent communication and people skills. As a former WHO employee, Kerry is aware of the organizational culture; she tactfully tailored her seminar sessions to suit our work environment. Kerry is a skilled and experienced facilitator; we look forward to working with her again."



"It was a pleasure to have Kerry come in to my team to do Resilience training. Kerry has years of experience and this shone through during her session. The practical exercises she showed us were tailored to my team who answer phones and are limited in the amount of time they can take away from their desks daily. The team was fully engaged and she kept the attention of the room for the full 2-hour session. Her tone of voice and demeanour put everyone in the group at ease and it was very easy to relax and follow her direction. I was slightly concerned the resilience session would not suit everyone on the team but I was pleasantly surprised and delighted to see that everyone fully engaged."

The feedback from the team has been very positive. I would definitely recommend Kerry and her Resilience session & feel any team could benefit from one of her courses."



“Hear from our clients

Conference Sessions

“Kerry was a keynote speaker at our National Inside Sales Leader Summit in October 2018. She ran two very interactive practical yoga sessions for us throughout the day. Feedback from the audience was great. Kerry has that great skill of being able to relate yoga to the workplace challenges that business leaders have. We highly recommend Kerry for your corporate events and we look forward to working with Kerry again in the near future.”



“Kerry, I want to thank you again so much for your great work on our behalf this January to bring a health and wellness element to our conference. The feedback from the delegates has been excellent and they all enjoyed the break from the norm and the useful information that you provided. A lot of colleagues have reported that they are daily using the techniques that you taught us and are mindful of how to look after themselves more in a sitting and driving job.”



“Kerry recently facilitated a session at an internal conference in Dublin. The feedback has been so positive, it was an excellent introduction to yoga and wellbeing that left the crowd wanting more. Kerry provided clear and easy instructions and practical techniques to improve point overall health and wellbeing. Highlights were the desktop yoga tips and the pressure demos to relieve headaches, neck pain anxiety and stress. Would highly recommend a session with Kerry for health and wellbeing.”



“Getting everybody to do Yoga every two hours worked fantastically. I'd recommend you think about getting Kerry White to put everybody through their stretching routines at your next event it brought a wonderful energy to the conference”.



Yoga Classes

“Kerry provides Yoga classes on-site as part of our health & well-being programme through Vhi. Although this was the first time such classes have been given at our workplace, Kerry's classes have proven very popular. Her teaching method is very suited to a corporate environment, and people who attend her classes find that they feel the benefits mentally, as well as physically. We would highly recommend Kerry's unique Yoga classes as part of any corporate health & well-being programme.”



“Yoga with Kerry is a great experience. Her class is at the same time demanding and utterly relaxing. After a day's work, the exercises truly open space, not only physically but foremost emotionally and intellectually. I highly recommend it.”



“Yoga with Kerry in VMWare was a welcome calm oasis in the day, and was a really good form of relaxation, within the work environment. Kerry's class suited all levels and was the perfect antidote to a desk-based job. Returning to my desk I felt calmer and more relaxed, while the session was short, it was productive. We would love to have you back Kerry”.



“ Hear from our **clients**

Workplace Shiatsu Massage

“Had the most amazing Shiatsu! Feeling amazing, thank you Kerry, see you next week for another session.”

“Its a fantastic treatment, felt like I arrived “crumpled” and left “smoothed and ironed out” and that good things had happened to my tired achy muscles (hard to explain!) highly recommend!”

“I had never had this treatment before so I didn't know what to expect. My neck was really sore, that was why I went to Kerry for a Shiatsu treatment. It was a little painful but a wonderful relaxing treatment which made me fall asleep. I slept really well and really felt the benefit of this massage.”

“Just had my first shiatsu massage tonight and it was fantastic - thanks Kerry”.



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