

Kaizen  
WELLNESS



FOR CHARITIES  
& SOCIAL  
ENTERPRISES

# ABOUT US

- Social enterprise, Midlands-based
- 10 years+ supporting charities, social enterprises & community groups to develop & grow
- Business planning, fundraising, investment readiness & SROI evaluation, public sector commissioning
- Kaizen continuous improvement philosophy:  
**Step by step, change & improve for the better**
- Workplace well-being support for charities & social enterprises since the pandemic

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# OUR WELLBEING APPROACH

**Kaizen**  
WELLNESS

- A holistic approach to support the whole person – body, mind and emotions to achieve optimum health and wellness.
- Drawing on Native American and Indigenous Peoples complimentary health therapies such as ayurvedic science & simple natural healing remedies to support self-care, health and well-being.
- Supporting community wellbeing.



# WHAT'S ON OFFER

- Wellbeing Wednesday lunchtime meditation drop ins
- Monthly well-being focus groups
- 1:1 well-being sessions
- Resources and signposting
- Online community



# OUTCOMES

- Positive mindset
- Clear mind & improved focus
- Increased creativity
- Stress reduction
- More productive
- Improved emotional well-being
- Increased mental capacity
- Increased resilience
- Improved brain & cognitive function
- Improved well-being
- Prevention of illness & disease



# WHY WORK WITH US

- Understand the sector: Long-standing experience in supporting social enterprises & charities to develop & grow
- Skills, knowledge and experience in martial arts, yoga, health and nutrition, and holistic therapies
- Heartfelt support
- Lived experience
- Bespoke packages of support
- Supported by the Social Enterprise Support Fund/ Key Fund



**Natasha Jolob**, Founder of Kaizen & Transformation  
Meditation Teacher



**Social Enterprise  
Support Fund**



# WELLBEING PACKAGES



| Basic                              | Essential                          | Optimal  |
|------------------------------------|------------------------------------|--|
| Weekly Guided Meditation           | Weekly Guided Meditation           | Weekly Guided Meditation   |
|                                    | Monthly well-being focus groups    | Monthly well-being focus groups  |
|                                    |                                    | Personalized staff well-being action plans & monthly 1:1 well-being coaching sessions  |
| Weekly resources & guidance emails | Weekly resources & guidance emails | Weekly resources & guidance emails   |
| FREE                               | £50 per month - unlimited staff    | Group sessions £50 per month unlimited staff<br>1:1 wellbeing meditations £50 per staff member per month, 3 months minimum recommended |

# TESTIMONIALS

“I have found the sessions really beneficial in helping me to refocus and clear my mind”,

Sophie Short, Social Enterprise Mark CIC

## Evaluation

12/14 had a clear mind

13/14 were more relaxed

10/14 less anxious

8/14 less stressed







# Kaizen WELLNESS