

Kaizen
WELLNESS



WORKPLACE WELLBEING
FOR BUSINESS

ABOUT US

- Social enterprise, Midlands-based
- 10 years+ supporting charities, social enterprises & community groups to develop & grow – building the social economy
- Advanced accredited technicians in social return on investment – doing business for good
- Not-for-profit: Profits are reinvested for community-benefit
- Kaizen continuous improvement philosophy:
Step by step, change & improve for the better
- Workplace well-being support for charities & social enterprises since the pandemic

Kaizen
WELLNESS



OUR WELLBEING APPROACH

- 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.
- We use a diverse range of tools from across the globe to support personal development & growth.
- 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
- Personal development & growth



WHY WORK WITH US

Kaizen
WELLNESS

- Profits are reinvested so that we can support the wellbeing of charities and social enterprises
- Skills, knowledge and experience in martial arts, yoga, health and nutrition, and holistic therapies
- Heartfelt support
- Bespoke packages of support
- Go beyond wellbeing and support staff to develop & grow as individuals
- Supported by the Social Enterprise Support Fund/ Key Fund & National Lottery Community Fund



Natasha Jolob, Founder of Kaizen & Transformation
Meditation Teacher



Social Enterprise
Support Fund



WELLBEING PACKAGES



Basic	Essential	Optimal
Weekly Online Guided Meditation	Weekly Online Guided Meditation	Weekly Online 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	£75-£100 per month group session, unlimited staff	Group sessions £75-£100 per month, unlimited staff 1:1 wellbeing sessions £60 per session, per staff member, 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



A glowing white lotus flower is centered at the bottom of the frame, resting on a reflective surface. Above the flower, a large, dense cluster of sparkling white particles forms a shape reminiscent of a lotus or a flower, radiating upwards. The background is a gradient of teal, darker at the top and lighter at the bottom. The text 'Kaizen' is written in a large, bold, sans-serif font, with 'Ka' in a light brown color and 'izen' in a dark teal color. Below 'Kaizen', the word 'WELLNESS' is written in a smaller, all-caps, dark teal sans-serif font.

Kaizen

WELLNESS