
welcome to the
zenergy wellness wheel
Boost your productivity and performance by prioritising wellbeing at work
zenergy
WELLNESS
Wellness Retreat Partner for Hotel du Vin Birmingham
www.zenergywellness.co.uk

boost your business wellbeing with zenergy

At Zenergy, we help businesses thrive by focusing on what truly matters - staff wellness.

Using our Wellness Wheel, we work with you to design bespoke workshops that boost productivity, enhance mental clarity and create a healthier, more balanced workplace.

Is your business ready to unlock its full potential?



In a thriving workplace, wellness ignites creativity and performance

how we can help

We believe that a well-rounded approach to wellness is key to unlocking both personal and professional potential. We created our Zenergy Wellness Wheel to help companies foster a healthier, more balanced work environment.

Our team works closely with you to identify areas where your team might be struggling and design bespoke wellness workshops that address specific challenges.

Whether you're looking to enhance one or multiple areas of wellbeing, we provide flexible and tailored solutions that support individual growth and company-wide transformation.

the wellness wheel

We focus on five core principles: Start Well, Eat Well, Move Well, Rest Well, and Think Well. By addressing these aspects, businesses can improve employee wellbeing, boost productivity and create a positive, thriving workplace culture.



www.zenergywellness.co.uk

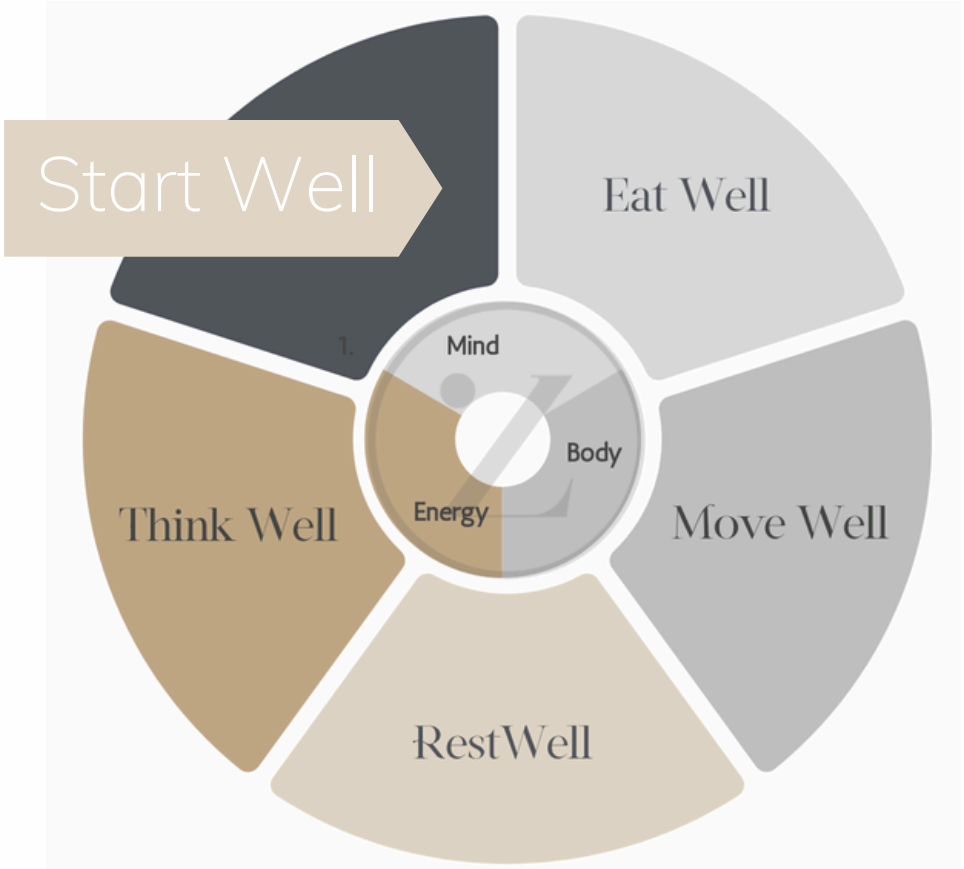


the five principles of the zenergy wellness wheel: 1 - start well

Starting the day with intention sets the tone for success. The "Start Well" principle emphasizes the importance of establishing mindful, positive routines that promote mental clarity, emotional balance, and overall well-being. For businesses, this can mean improving employee focus and reducing workplace stress.

Workshops may include:

- Morning mindfulness practices
- Goal-setting techniques and journaling for productivity
- Energy-boosting rituals & Miracle Mondays.



wellness at work isn't a perk, it's the power behind peak performance

the five principles of the zenergy wellness wheel: 2 - eat well



Nutrition is the foundation of energy and health. "Eat Well" focuses on making informed food choices that fuel the body and mind.

When your staff eat well, they're better equipped to manage stress, stay alert and maintain energy levels throughout the day. Businesses can benefit from reduced absenteeism and enhanced cognitive performance.

Workshops can include:

- Group Nutrition Program
- Lunch & Learn
- The link between stress and nutrition
- One-to-one nutrition

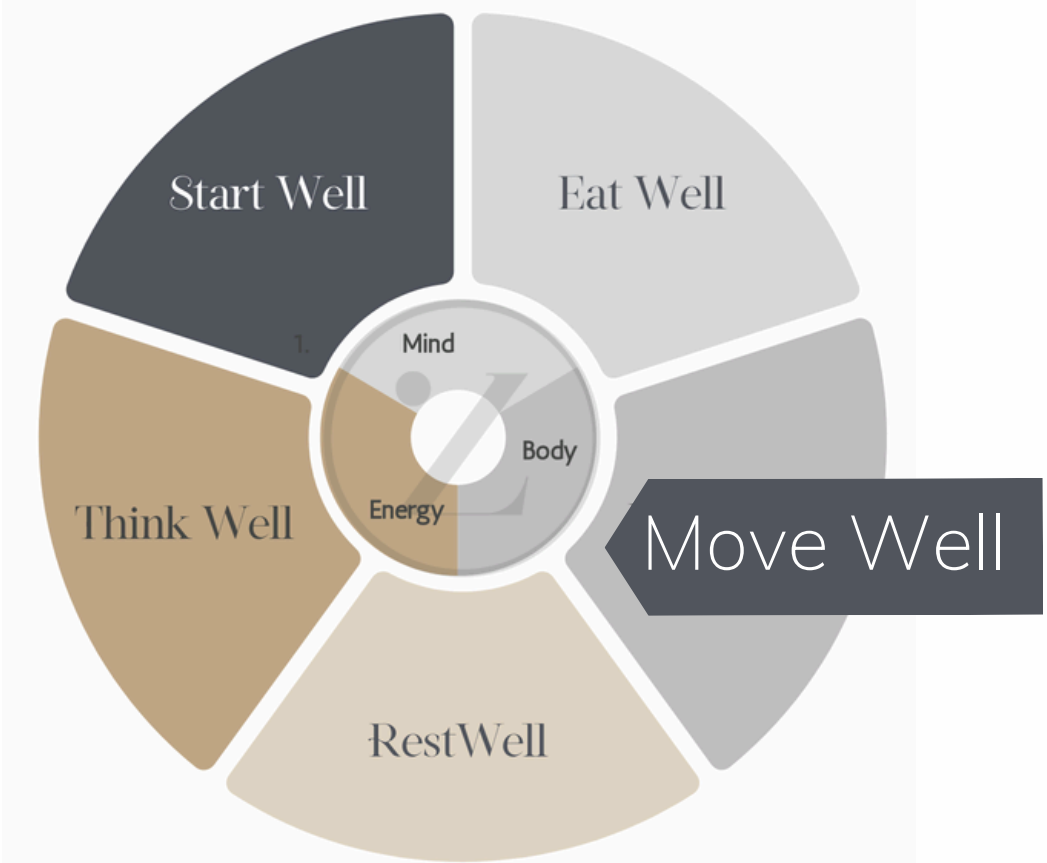
healthy employees fuel successful businesses - wellbeing isn't an option

the five principles of the zenergy wellness wheel: 3 - move well

Physical activity is essential to staying healthy, productive and resilient. "Move Well" encourages movement throughout the day for lower levels of fatigue, improved mood and better teamwork.

Workshops can include:

- Yoga & Pilates
- Tai Chi
- Mobility & Movement
- Strength
- Back Pain in the Workplace
- Walking / Running Workshop
- Rehab & Physio



when wellness thrives in the workplace, so does your business

the five principles of the zenergy wellness wheel: 4 - rest well



In today's fast-paced world, rest is often undervalued. The "Rest Well" principle focuses on the importance of quality sleep and restorative breaks to recharge both body and mind. For businesses, well-rested employees are more focused, creative, and less prone to burnout.

Workshops can include:

- Meditation & The Men-ditation
- Sound Healing
- Yoga Nidra
- Restorative / Yin Yoga
- Massage techniques
- A mindful evening routine

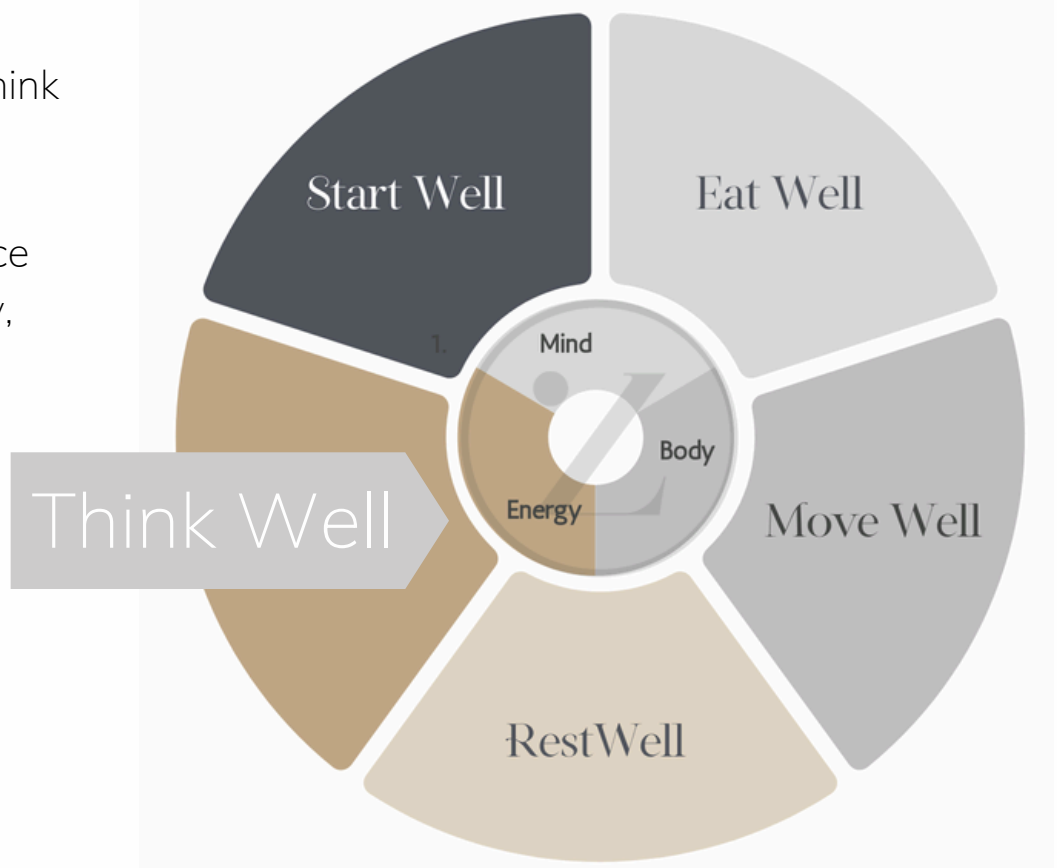
happy staff drive growth—wellbeing is the key to unlocking potential

the five principles of the zenergy wellness wheel: 5 - think well

Mental resilience is key to maintaining peak performance in the workplace. "Think Well" encourages strategies to foster a positive mindset, build mental strength and navigate challenges with confidence for improved problem-solving, creativity, and a supportive team culture.

Workshops can include:

- Miracle Monday
- Meditation & Mindfulness
- Exercise & Yoga
- Journalling & Breathwork
- Sound & Crystal Healing
- Reiki



wellness creates stronger teams, sharper minds and sustainable success

unlock your full potential

Every company and team is unique, which is why Zenergy's corporate wellness workshops are fully customizable. Whether you want to focus on one specific area of wellness or integrate multiple principles from the Wellness Wheel, we design workshops that meet the specific needs of your employees.





zenergy
WELLNESS

tailored workshops for your business

Our workshops can be delivered as stand-alone sessions or as part of an ongoing wellness program, either in your offices or at our Bromsgrove studio.

Let us help work with your business to achieve a healthier, more productive workplace supporting staff wellbeing at every level.

contact us

www.zenergywellness.co.uk

Zenergy Wellness Studio
72 Birmingham Rd
Bromsgrove, B61 0DD

07865 684204

sarajones@zenergywellness.co.uk