adele

Well at Work

Helping your teams to be
happier, healthier and well at work

Health and wellbeing in the workplace

Employee health and wellbeing is a hot topic in business at the moment

Sadly, stress related illness and mental health issue are on the rise. The Mental Health Foundation states that approximately 1 in 6 people in the UK are experiencing a mental health problem at any given time, which can lead to high rates of sickness absence for employers.

Physical health issues are becoming more prevalent too. Many of us now spend long hours each day sitting at a desk or looking at a screen. This can cause musculoskeletal problems and reduced energy levels which affect our productivity and harm a business's bottom line.

Employees are such an important part of our businesses, and we need them happy and healthy to perform at their best. But as an employer it can sometimes be difficult to know how best to support our teams to be well at work. This can be especially tricky if people find it hard to speak out and open up about the support that they need.

Poor mental health among employees costs UK employers up to £45 billion each year in lost productivity.

Source: Mental Health Foundation

Introducing Well at Work

The Well at Work programme is a flexible & holistic approach to employee wellness

So often, workplace wellbeing initiatives just focus on one aspect of health and wellbeing which only makes them relevant to a small percentage of the workforce. Well at Work uses the practice and principles of yoga to provide a more rounded approach to wellness. Yoga is one of the few forms of activity out there that supports both the body and the mind. From help with aches and pains to managing stress and anxiety, there's something in this programme for everybody.

Improved mental health

Yoga has been proven to alleviate symptoms of anxiety and depression by releasing the feel-good chemicals endorphins and serotonin into the body.

Stress reduction

Yoga reduces stress levels by regulating the production of stress hormones and providing coping strategies to help better manage the symptoms of stress.

Increased productivity

Yoga enhances productivity and job performance through mindfulness practices that build resilience, improve focus and increase concentration.

Improved physical health

Yoga improves posture and flexibility reducing the risk of musculoskeletal issues. It also improves circulatory and cardiac health, reduces blood pressure and helps with sleep issues.

How it works

Well at Work has been designed to be flexible for your businesses and your employees

Choose your package

Three different options so that you can choose the support package that's right for your business

Around the clock access

Online yoga sessions included in each package that can be accessed anytime, anywhere

Tailored support

Optional in-person sessions to deep-dive into relevant topics, tailored to the needs of your teams

Employers that invest in their employees health and wellbeing see lower rates of sickness absence and higher levels of employee engagement and retention.

Source: Chartered Institute of Personnel and Development (CIPD)

Packages and pricing

Choose the level of support that's right for your business

Bronze
£999

- Unlimited access to a yoga and wellbeing video library for 3 months.

  *Discount available if you have under 10 employees
- A welcome video to share with your team: ***ENGAGE***
  Plus an easy 'how-to' instructional PDF that can be emailed out: ***ENGAGE***
- Weekly emails from Adele prompting which practices to try each week, along with handy tips and techniques: ***ENGAGEMENT*** and ***RETENTION***

Silver
£1,499

- Everything within the Bronze Package plus:
- One in-person or Zoom yoga session (up to 50 employees in person or company-wide online)

Gold
£2,499

- Everything within the Silver Package plus:
- One half-day employee wellbeing workshop (50 employees in person or company-wide online) tailored to the needs of your company

*For smaller enterprises of 10 employees or less, you can apply a 20% discount on the package prices outlined above.
** For larger enterprises of 250 employees or more, please contact Adele for a bespoke package price.

Special offer

Get an annual subscription to the yoga and wellbeing video library and save

Unlimited access to on-demand yoga video library for up to 100 employees for 12 months.

- Access anywhere, anytime
- Over 50 videos to choose from
- Something for everyone

£3,200 (20% discount)

Let’s make a difference

All packages include a follow-up survey from Adeles Yoga at the end of the three month period

Useful information

The survey captures whether participants experienced an improvement in their physical health, their mental health and their emotional wellbeing.

Work-place specific benefits

We can tailor our survey / data collation to your needs. Additional data might be linked to improved focus and mental clarity, improved sleep quality, improved levels of motivation, improvements in self belief and self worth.

Ease of use / accessibility

The online videos have been designed for all abilities, including those with accessibility issues. The content is relevant for your complete workforce.

Rich in insight

The feedback from the survey provides rich insight into the mental health and wellbeing of your team. From this insight, you can identify areas for development, and there’s often areas to be celebrated!

Investing in mental health promotion and early intervention programmes can result in a return on investment of £9 for every £1 spent.

Source: Sainsbury Centre for Mental Health

About me

I'm Adele, a yoga and wellbeing specialist based in Halifax, West Yorkshire, and I'm on a mission to help more people experience the life-changing benefits of yoga.

I found yoga during a period of stress in my life and couldn't believe the impact it had on my wellbeing. Since then, I've been teaching yoga for over 10 years and it's been an absolute joy to bring yoga and all its benefits to thousands of people in my local community through my online wellness videos.

My practices bring together science, ancient tradition and a real understanding of the workplace - which means that you can expect relatable yoga that's accessible for everybody and every body. I teach in-person classes, retreats in the UK and overseas, and wellness workshops, as well as delivering wellbeing projects for various charities throughout the year.

Prior to my role as a yoga teacher, I had a high-pressure role in marketing, and so I understand the pressures that come with working in a fast-paced environment. I've used my experience of the corporate world to shape my Well at Work package so that it genuinely works for employees and, in turn, produces great results for businesses.

I'd love the opportunity to bring the tools and techniques of yoga directly to your workplace and help your teams to be happy, healthy and Well at Work.

About my sessions

Gentle, intuitive practices with a little something for everyone

For everybody

Practices suitable for everybody. All shapes and sizes, age, gender and abilities welcome - including complete beginners. Long (1hr) and short (2mins - 20mins) videos to fit in with individual lives / schedules.

Body and mind

Experience more than just physical yoga. You'll find a selection of videos which offer movement; meditation and breathing practices; bedtime practices to help with sleep - there's something for everyone.

Quality teaching

Rooted in the traditional, high-quality practices of Hatha yoga. There's no unachievable poses or silly gimmicks – just top-quality teaching. Adele offers quality modifications and options.

Client list

Supporting a wide range of businesses and organisation's to be Well at Work, including:

Client testimonial

North Halifax Partnership (NHP) invested in the Well at Work programme for 50 employees in April 2024:

Easy to use
"I signed up to the Well at Work yoga sessions through NHP and found them easy to access and follow."

Try something new
"I am really grateful to NHP and Adele Wills as I had not had the opportunity to try yoga before."

Convenient
"I enjoyed the yoga sessions, including the shorter sessions that fit into my day."

Real impact
"The yoga sessions with Adele Wills have helped improve my health – both physical and mental."

Over 60 five star reviews from individuals on Google:

“Adele is a wonderful teacher. I'm new to yoga and I was very nervous to join something new but she is so friendly, welcoming and kind.

Adele gives great, clear instruction. I can already feel the benefits, both mentally and physically.”

Fran Reilly, Student

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Getting started

I’d love to work with you. Get in touch to discuss how I can support your business and your teams.

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