



## HM360 at work - Corporate offerings Crib-sheet for Dhillon Hotels Group

**“Every year UK businesses lose £26 billion and 70 million working days because of workplace stress.”**

Dhillon Hotel Group are pleased to be working with Health Matters 360 in order to offer corporate buyers at their hotels added value and extra services for their workshops, seminars and away days.

Health Matters 360 is an exciting new local company that offers intelligent health, fitness and well-being through a complete 360 degree approach that includes physical, nutritional and mind matters.

Their overall aim is to help companies create optimum health in the workplace for the benefit of the individual, the team and the organisation.

It's by optimising health in the workplace, that we can optimise performance.

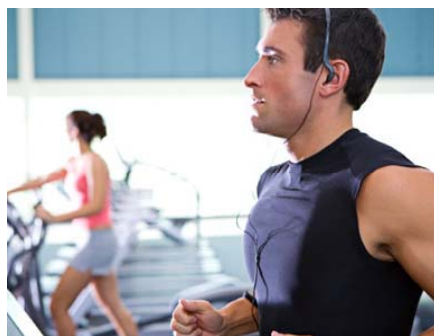
Their highly experienced Health Matters Crew work with individuals, teams and organisations to ensure that your team are in tip top condition.

They are able to offer:

- 1-2-1 programmes
- fitness days
- on and off-site workshops
- residential Health Hubs and bootcamps

Invest in your best asset. Invest in your team. Health Matters at Work.

For more details visit [www.healthmatters360.co.uk/hm-360-at-work](http://www.healthmatters360.co.uk/hm-360-at-work) or email [lifeinbalance@healthmatters360.co.uk](mailto:lifeinbalance@healthmatters360.co.uk)





**“1 in 6 British workers are affected by unmanageable stress at work”**

**HM360 “Lunch & Learn” Workshop**

£ 295.00

An individual workshop for 1 hour that focuses on one aspect of physical, nutritional or mind matter at work ( max number 20/session)

**HM360 “Lunch & Learn” Series**

£ 885.00

a series of 3 separate educational, interactive workshops that focus on physical, nutritional and mind matters at work. Each session is 1 hour and can be held over 3 days or 3 weeks. (max number 20/seminar)

**HM360 Half Day Workshop**

£ 885.00

All 3 workshops can be delivered in a half-day format On site that takes 3-4 hours. (max number 20/seminar) This can be conducted off site but venue costs will be extra.

**HM360 Full Day Workshop**

£ 1,600.00

A complete day on-site dedicated to delivering advice, Information and techniques that will create better health at work. (max number 20/seminar) This can be conducted off site but venue costs will be extra.

**Corporate Health Hubs**

P.O.A

We offer a range of intensive residential Health Hubs In the UK and overseas from 3 - 7 nights. The objective of these Health Hubs is to positively change attitudes to health and wellbeing at work for the long-term benefit.

**HM360 Health & Fitness Days**

P.O.A

We offer a range of active health and fitness days that can be run on or off site. These days can be used as a fun team-building day or as a real health benefit to the team. (min numbers 12)

HM360 also offer 1-2-1 programmes and bespoke health and wellbeing projects that are geared to the specific needs of the business. Please ask for more details.



## The Health Matters Crew

### **Ian Freeman - Director**

Ian has an honours degree in Sports Science, and is a qualified fitness instructor as well holding numerous sports specific coaching awards. He has over 15-years experience within the health and fitness industry, and has applied this expertise to create inspiring and effective programmes for individuals and teams. Ian has worked in both the private and public fitness sectors and has been responsible for launching a number of health, fitness and well-being facilities throughout the UK.

### **Sarah Morgan - Director and Head of Mind Matters**

Sarah is passionate about the 360 approach to health and well-being, both in and out of the work place. Having been MD of 2 successful communication agencies in London, she later went on to develop her own interests in the power of the mind in health and well-being. Sarah is one of only 60 trained practitioners in the UK of the meditative and relaxation technique "The Art Of Being Still". This unique practice, has been developed over many years and brings together various meditation practices to ensure that it is not only effective but can also be built into every day life to ensure maximum benefit. As Head of Mind Matters, Sarah works with our team of specialists, including hypnotherapy, NLP and CBT coaches.

### **Matt Pickett - Director and Head of Physical Matters**

Matt is one of the UK's most highly qualified and respected personal health & lifestyle trainers. He has trained many well-known sport stars, athletes, actors, actresses models and celebrities, in addition to working with individuals to achieve their own very personal health and fitness goals. His reputation is further endorsed by the national and international fitness industry, having been a master trainer for several of the largest fitness training and development companies.

### **Jenny Tschiesche - Head of Nutritional Matters**

Jenny, BSc Dip ION FdSc mBANT NTC is a graduate of the renowned Institute of Optimum Nutrition in London and a fully qualified Nutritional Therapist.

She advises on a broad spectrum of health issues and how food can be used to improve overall well-being. She is highly experienced on the subjects of weight loss, sports nutrition, hormone health and nutrition in pregnancy and has worked with numerous health related groups including Celiac UK and LighterLife, PKD Charity, and the NCT. She has an extensive knowledge of the nutritional aspects of all matters relating to health and well-being.

### **Anita Mitchell - Mind Matters**

Anita, HPD, DipCHyp, MPNLP, MNCH (reg), is a graduate of internationally acclaimed Quest Institute and is a fully qualified Cognitive Hypnotherapist and Neuro Linguistic Programming (NLP) Master Practitioner. She regularly assists Trevor Silvester, Training Director of the Quest Institute in the training of student Cognitive Hypnotherapists and NLP Practitioners. She is dedicated to helping people be the best they can, whether that's on a personal or a professional level, acting as a guide to help her clients achieve what they want from life, using a combination of tools such as Cognitive Hypnotherapy, NLP, EFT and coaching. Anita has undergone further extensive training since graduating, and specialises in weight management, stress and depression, as well as sports mind coaching.