

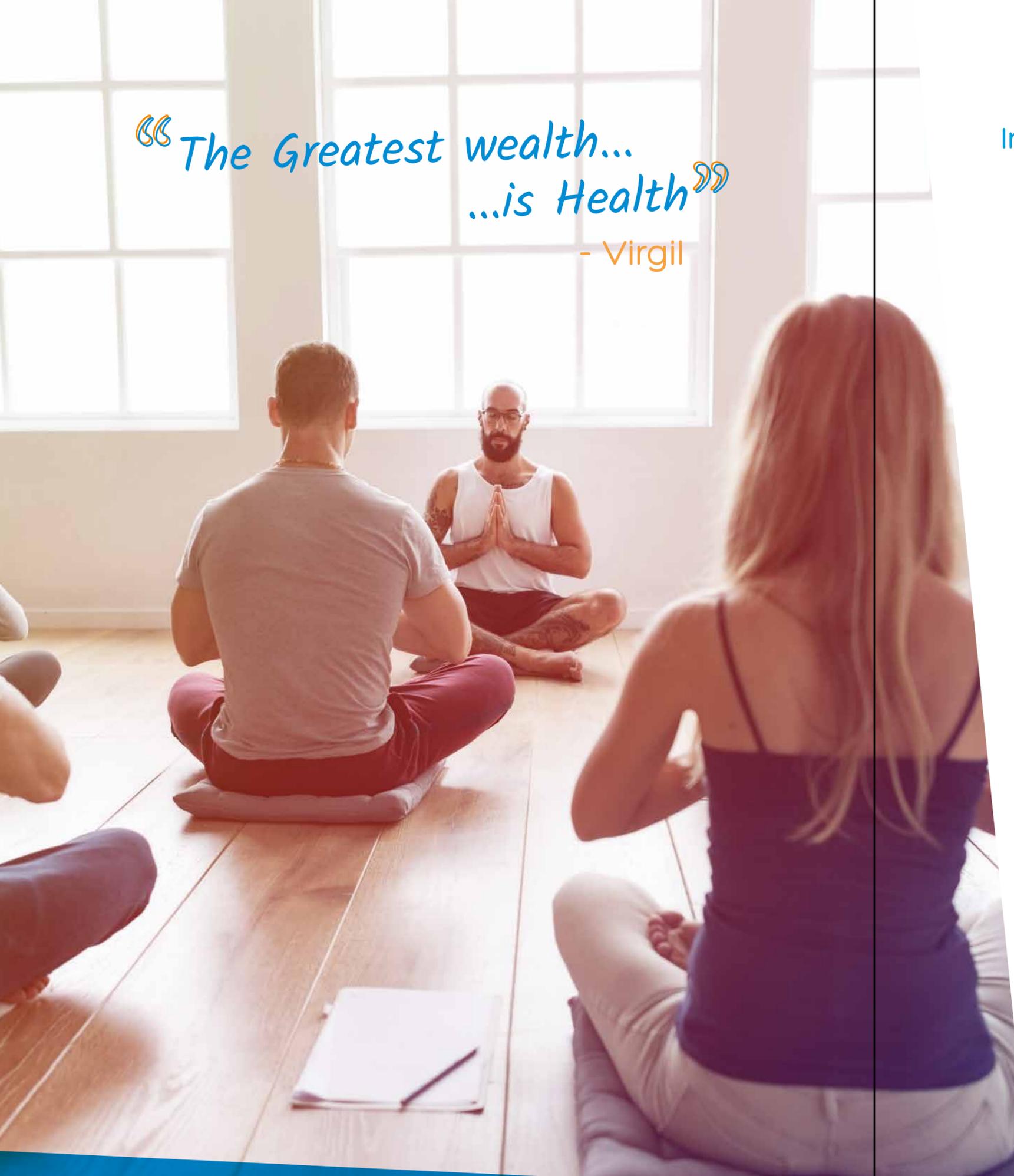


Wellness at Work

Corporate Health & Fitness

Leaders in Corporate
Health and Fitness

www.wellnessatwork.ie



“The Greatest wealth...
...is Health”
- Virgil

Introduction

Wellness at Work are responsible for the management of over 16 corporate fitness facilities nationwide, including those of Dell EMC, Eli Lilly, Cork City Fire Brigade and Gas Networks Ireland. As dedicated sector specialists, we are committed to providing the highest levels of services to our clients.

With a proven track record of success since 1999, we have helped to create a positive well-being culture through the provision of; gym design/set up, corporate gym management, gym inductions, personal training, exercise classes, yoga/mindfulness and well-being courses. While doing so we have adapted to meet each clients' individual needs, delivering a tailored, highly personal experience.

About Us

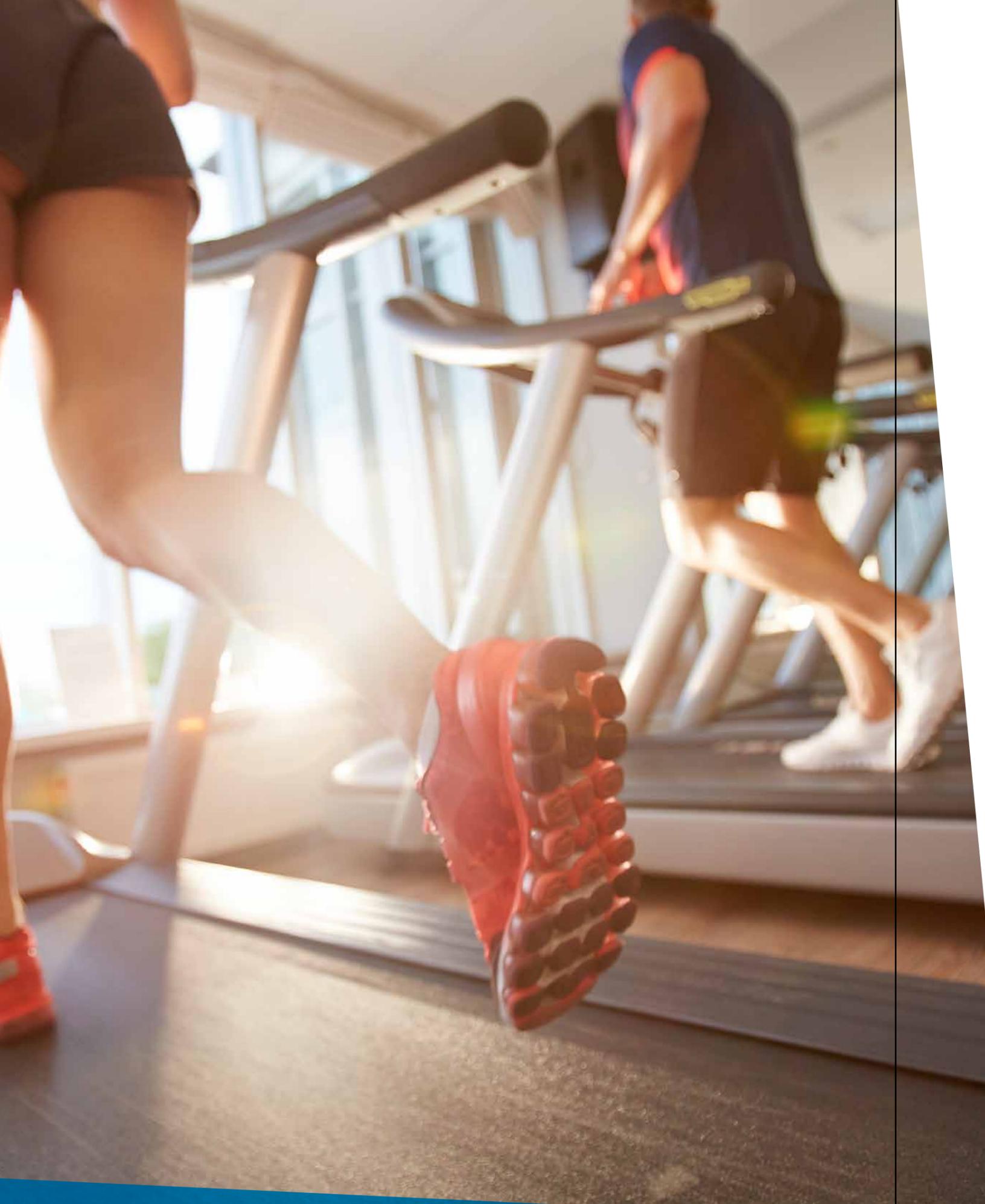
Wellness at Work was founded by Ciara Whyte (Manager & Company Director), and Donal O'Callaghan (Company Director) in September 1999. Having both worked in the fitness and leisure industry since the early nineties, they saw the need to make health and fitness more accessible to organisations and their employees. At the time many progressive US companies were also advocating for and establishing wellness as part of their corporate culture. Having created a successful business model (the first of its kind in Ireland) based on the tried and tested methods of those at the forefront of this industry, both founders have since become recognised leaders in the corporate health and fitness industry in Ireland.

Inspiration and encouragement is key to helping the individual find his or her own successful path. Our highly experienced professionals excel at providing the necessary motivation and guidance needed to attain, and then maintain a healthier lifestyle over the long term

Ciara, Donal and their Team are very proud of the high standards they have continued to set for almost twenty years. As a result, Wellness at Work has grown organically over the years, always gaining new clients through the recommendations of current clients.

By delivering exceptional client experiences and outcomes, word of mouth alone has built our business over the past 19 years, and as we enter the next phase of growth we look to evolve by proactively seeking out new clients.

Wellness at Work Leaders in Corporate Health and Fitness



Why Corporate Wellness?

There are many benefits to creating a culture of wellbeing and health in a working environment. When integrated properly, wellness activities can help improve the health and productivity of employees, as well as helping to cut healthcare costs, sick leave, absenteeism and presenteeism.

According to a WHO review of effective interventions on diet and physical activity (WHO, 2009), multi-component programmes, such as healthy eating, exercise facilities and self learning are recommended for the workplace.

As stated in "A Healthy Weight for Ireland - Obesity Policy & Action Plan 2016-2025" developed by the Dept. of Health, a "whole of society" approach to health and wellbeing is vital in the effort to help prevent ill health and chronic disease. The Dept. of Health specifically identifies the workplace as one of eight sectors outlined to play an active leadership role in the prevention and management of obesity.

What we can do for you...



On-site gym design: Providing design options based on your company's needs and available budget.



Corporate Gym Management: Management of facility membership and renewals, monitoring of maintenance issues, facilitate staff bookings through our website.



Gym Membership inductions: In line with industry best practice, all new members undergo an induction covering the correct use of the equipment on site.



Personal Training: One-to-one and small group training on site.



Exercise Classes: Some of our more popular classes include; HIIT, Pilates, Spinning, Bootcamp, Circuits, Core & Conditioning.



Yoga/Mindfulness: A variety of yoga classes, guided meditation & mindfulness, in the form of both online and on-site courses.



Wellbeing Courses: Access to over 300 courses online, covering various mental health topics.



Talks & Workshops: Back care, nutrition, on-site physio, lifestyle & weight management, wellness presentations, and gym & health/fitness promotions.

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Some of our clients...



What they say about us...

“ We have collaborated with Wellness at Work for many years now at our Cork sites. Their dynamic team are flexible and of high quality standard. The service they provide allows for easy accessibility, increased engagement and a variety of exercise plans to choose from. We are delighted with their service of high standard to our company. ”

D McKenna EHS, Dell EMC

“ We partnered with Wellness at Work in 2015 to introduce our Live Well Programme to a number of our large clients we have based in Ballina, Shannon, Cork and Dublin. It was really the flexibility of Wellness at Work that helped to make these programmes a success and I found Ciara and Donal to be very honest and practical in their approach to facilitating the various on site wellness services that were implemented. ”

Brian Collins, VHI

Partners



Wellness at Work are members of Peninsula Ireland for over six years. They provide us with a comprehensive overview and software system for our HR and Health & Safety procedures.

We recently received an award of Excellence from Peninsula Ireland for our exemplary record in Health & Safety.



We recently collaborated with Healbright, an online Mental Health provider of self paced courses on numerous mental wellness topics, as well as courses on mindfulness and yoga.



Wellness at Work provide Health and Fitness workshops and one-to-one diet consultations as part of the VHI Corporate Live Well programme.



Wellness at Work are long time members of Ireland Active, a not-for-profit company providing industry standards and best practice.



MINDBODY provides our online scheduling and gym membership software.

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Corporate Gym and Fitness Management



Wellness at Work
Corporate Health & Fitness

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