



Live Life Better Well-being Workshop



"Look after your staff, so they can look after your business"

About Loving Life



Nominated for:

- Best Customer Service 2019
- Best Hammersmith Business 2019



Vision statement:

To provide services that help people to live life better, improving quality of life, reducing pain & discomfort, with our knowledge and skill set.



Founded in 2015 delivering Physical and Sports Therapy we noticed that most of the issues presented to us were because of sedentary 9-5 office jobs. This led us to venture into the workplace and focus on preventing issues before they arise.



We truly believe that a happy workforce is a productive workforce and deliver services to contribute to employee well-being.



Contact - Hello@LovingLifeCo.com
0208 2266 244

Workshop structure



Our Live Life Better workshop typically lasts 1hr which includes an interactive presentation and Q&A.



This can be fantastic as a lunch and learn or as a morning or afternoon energiser.
Attendees are kept to a maximum of 25 to keep the session engaging and interactive.



The first part focuses on discomforts, problems and issues that many of us deal with on a day to day whilst at work



The second part focuses on ways to deal, prevent or get rid of these discomforts, issues and problems, providing useful tips, tricks and ideas to help.



The workshop finishes with blood pressure checks for willing participants and answers to additional questions attendees may have.



Topics discussed

The Problems

- Musculoskeletal disorders
- Back pain
- Stress, anxiety & depression
- Headaches, migraines & neck pain
- Sleep

The Solutions

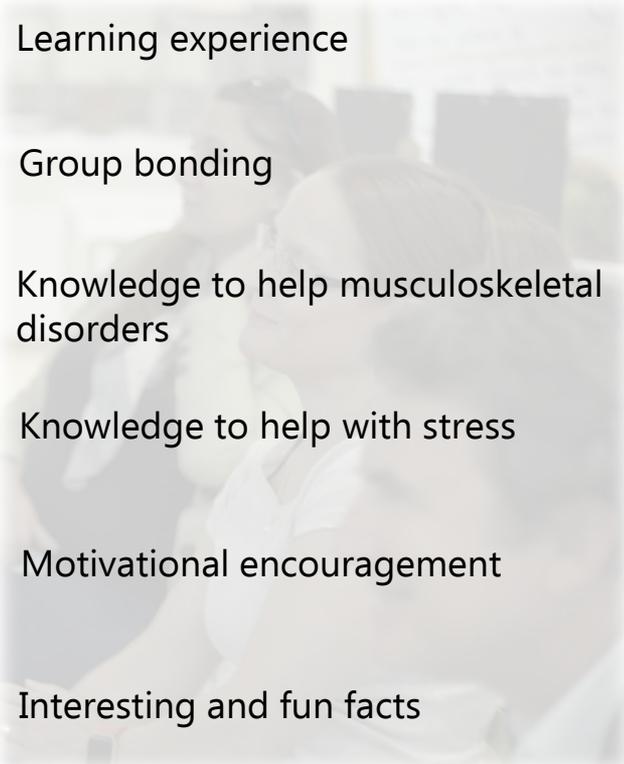
- Breathing exercises
- Professional treatment/help
- Self treatment/help
- Hydration
- Exercise
- BMI & Blood pressure

“A happy workforce is a productive workforce”

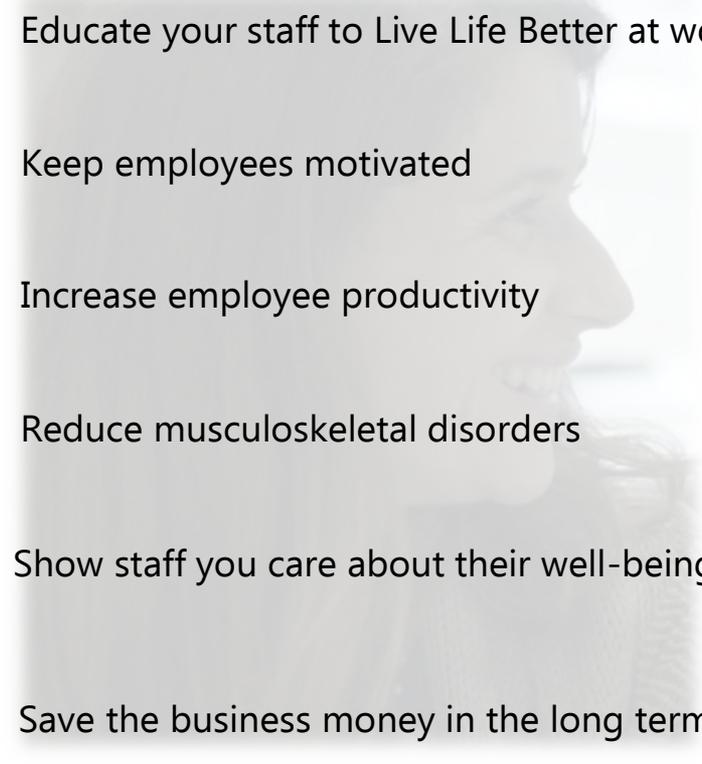
The Benefits



Employee Benefits

- 
-  Learning experience
 -  Group bonding
 -  Knowledge to help musculoskeletal disorders
 -  Knowledge to help with stress
 -  Motivational encouragement
 -  Interesting and fun facts

Employer Benefits

- 
-  Educate your staff to Live Life Better at work
 -  Keep employees motivated
 -  Increase employee productivity
 -  Reduce musculoskeletal disorders
 -  Show staff you care about their well-being
 -  Save the business money in the long term

“A happy workforce is a productive workforce”

Testimonials



“It was really interesting to gain an insight on how much stress can affect you in the corporate environment. I think we all get caught up in the day to day to take a minute to focus on our health and stress levels, so this was an important reminder. Tyler made the work-shop fun and engaging throughout and left us with motivation to make changes in our lives for the better! He gave us techniques to take a minute away from the busy work day and calm down. The workshop was really educational and our whole team walked away having learnt something new, and with a new perspective on our mental and physical health.”

 Tarsus

“Tyler from Loving Life did a fantastic job helping us out with our Health and Wellbeing month! We were stuck for ideas and Tyler helped give us focus into a successful campaign. His team delivered massage to our staff and those lucky enough to get a treatment couldn’t stop speaking about how great it was. Loving Life also gave us an educational workshop, the highlight of this was definitely the blood pressure tests. Our team loved looking at their blood pressure and it definitely gave many of us some things to think about.”

 LIONSGATE UK

“Tyler delivered a well-being workshop at our office as part of Detox January initiative for our colleagues during a lunch and learn session. The session was really well delivered and Tyler did a great job in engaging the full team in a relaxed way. All the attendees came away with some useful insights - we are all trying to drink more water as a result!”

 **MANIFESTO**