



Working From Home, Best Practice Webinar!



"Your next posture is your best posture"

About Loving Life



Nominated for:

- Best Customer Service 2019
- Best Hammersmith Business 2019

Vision statement:

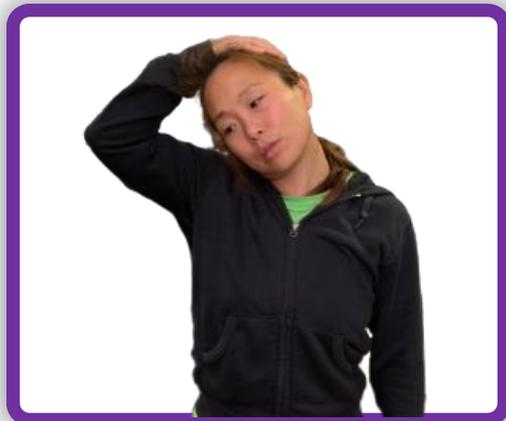
To provide services that help people to live life better, improving quality of life, reducing pain & discomfort, with our knowledge and skill set.

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 “Working From Home” webinar typically lasts 30 minutes. Short, informative and engaging



Delivered digitally via zoom



Up to 1000 employees can login



This workshop focuses on postural discomforts, positioning and issues that we may be facing working from home.



We look at ways of reducing those physical discomforts, providing useful knowledge, tips and ideas to help improve an individuals working from home experience.

Topics discussed

The Problems



Musculoskeletal disorders



The Human Body



Postural Habits



Phones, Laptops and tablets

The Solutions



Home set up examples



Movement breaks



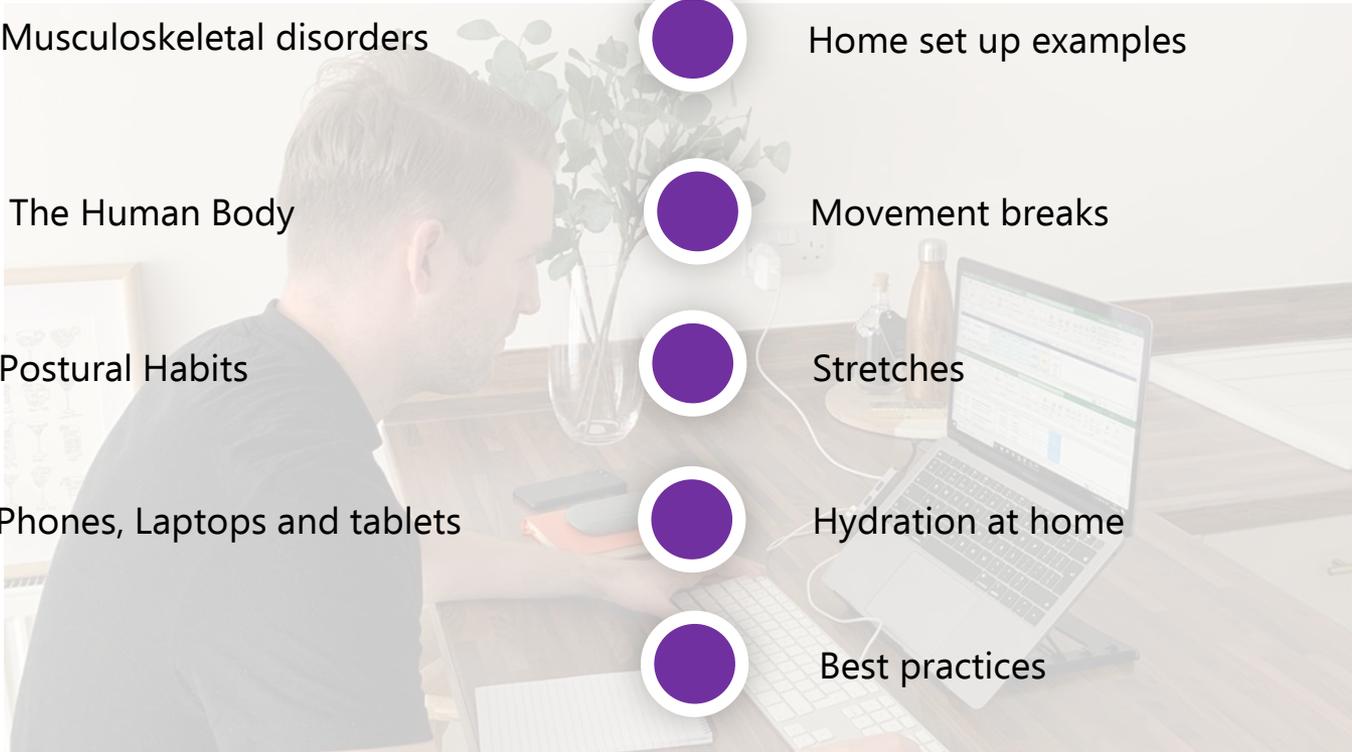
Stretches



Hydration at home



Best practices



“A happy workforce is a productive workforce”

The Benefits

Employee Benefits



Learning experience



Working at home postural knowledge



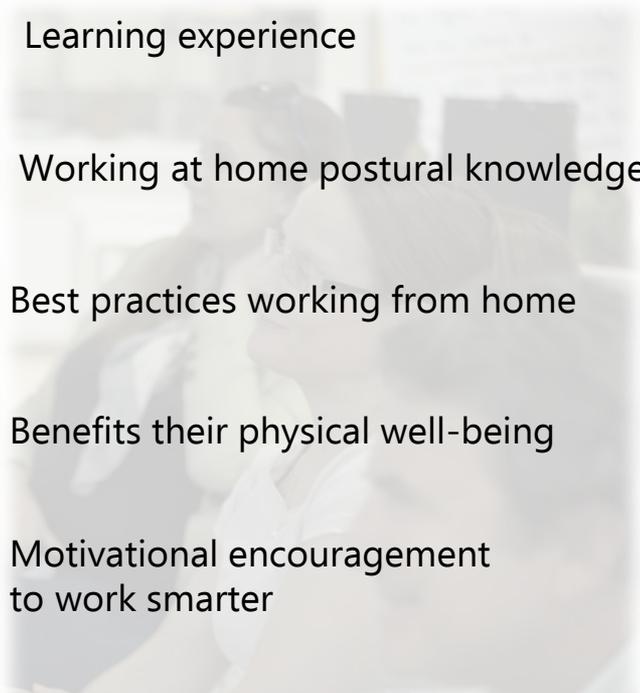
Best practices working from home



Benefits their physical well-being



Motivational encouragement to work smarter



Employer Benefits



Educate your staff to work safer



Show staff you care about their well-being



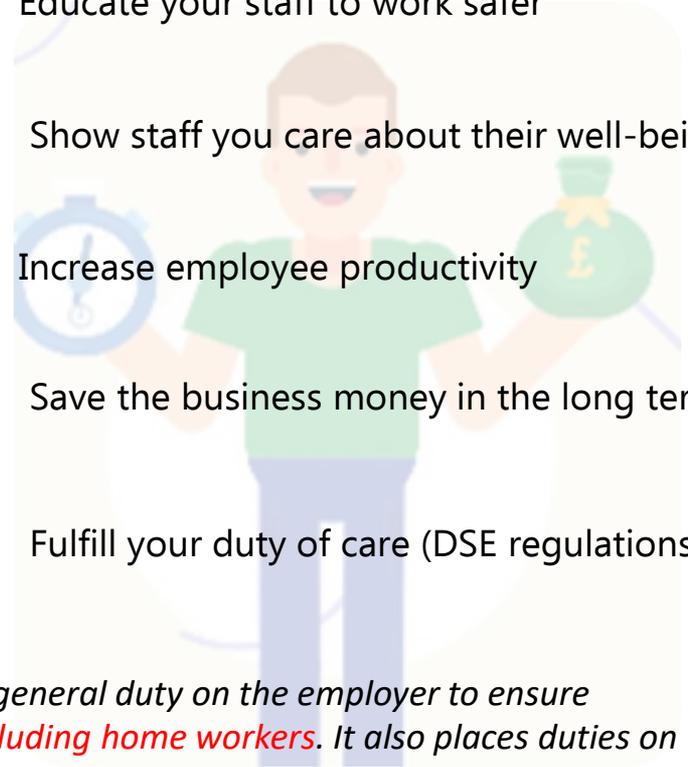
Increase employee productivity



Save the business money in the long term



Fulfill your duty of care (DSE regulations)



*"The Health and Safety at Work Act 1974 places the general duty on the employer to ensure the health, safety and welfare at work of all employees **including home workers**. It also places duties on employees to take reasonable care of their own safety and that of others. They must cooperate with their employer to help them meet their legal obligations."*

Employee Feedback



"Informative, fun presentation style."

"Love how interactive it was and really made me think about my posture whilst working from home and it's something I will adapt when back in the office. Thanks Tyler."

"It was kept interactive and it covered all the key topics succinctly."

"Very personable, loved the interaction through the chat box - it made it light-hearted, chatty and help it all sink in. Great to join in the neck exercise."

"The content helps you understand what the best way is to work and add to your existing coping strategies."

Pricing

Pricing structure is per webinar.

| Participants (Up to) | 100 | 200 | 300 | 400 | 500 | 500+ |
|---------------------------|-------------|-------------|-------------|-------------|-------------|----------------------------|
| Webinar Pricing | £249 | £399 | £499 | £549 | £599 | PLEASE CONTACT FOR PRICING |
| Average cost Per employee | £2.49 | £1.99 | £1.66 | £1.37 | £1.20 | |

“Look after your staff, so they can look after your business”

Contact info



Email: Tyler@LovingLifeCo.com



Telephone: 0208 226 6244



Website: www.LovingLifeCo.com

