



Welcome to Jessica May Wellness – I am thrilled to introduce our corporate wellness programme. Our aim is to help you and your employees prioritise their wellness and foster a culture of self-care to help reduce stress, prevent burnout, increase productivity, retention and motivation.



The Corporate Wellbeing Project

We design and deliver bespoke Pilates and Nutrition workshops which are fully personalised to your company and its goals and objectives. As experts in our field, we will work with you and your employees to help them navigate the world of nutrition and movement, showing how to seamlessly integrate them into working life. Our carefully curated programmes help employees build strong immune systems to support their mental and physical resilience, increase motivation and productivity, reduce stress and mitigate the risk of burnout. We are focused on enhancing the wellbeing, retention and happiness of organisations.

Why Choose Jessica May Wellness

With previous experience in the corporate world, we understand the modern day challenges that workforces face. Both for working parents, but also in the challenging economy we are in and the stress this brings to organisations. Our programmes are led and curated by our founder, Jessica Love. Jessica has over a decade of expertise as a Pilates instructor, Health Coach, and Nutritionist, and brings a wealth of knowledge to the table.

- As an Accredited as a Registered Nutritional Therapist and Health Coach with prestigious qualifications, she ensures top-tier guidance.
- As a STOTT Pilates & Barre Instructor, she delivers superior instruction in physical wellness.
- Jessica is an experienced workshop and retreat host, regularly hosting sold out events across Europe

SERVICES

Tailor-made wellness packages, specifically for your company. We will work with you to understand your unique working culture, objectives, and employees to ensure we create the perfect plan. Here is an example of some services that we can offer, we can offer them as stand-alone packages or blend together, depending on the need.

Nutrition Clinic



1-1 consultations for employees to enhance their health, increase energy and productivity.

Following their consultation, employees will receive:

- Personalised Nutrition Advice
- Lifestyle Recommendations
- Educational Materials
- Nourishing Recipes

Wellness Workshops

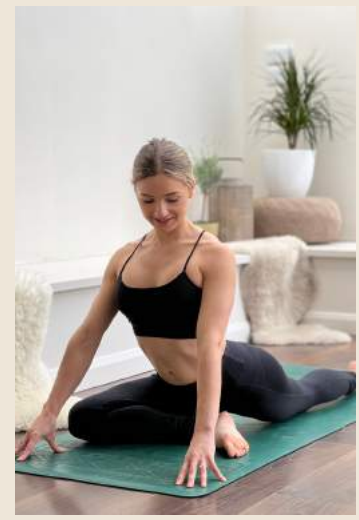


Personalised workshops which deliver actionable strategies to empower your team towards a thriving and successful lifestyle through the power of nourishing food and lifestyle recommendations.

This Includes:

- Fundamentals of Nutrition
- Nutrition to optimise immunity
- How to eat for energy
- Common nutritional deficiencies and their associated symptoms
- Actionable steps towards reducing stress.
- Integrating movement into a busy schedule and the associated benefits.

Pilates



Both in person and virtual classes are available. We offer a mix of services, from specific Pilates at your desk through to traditional mat based classes (if room is available).

Desk Pilates:

- We prioritise stretching and lengthening through a series of at desk movements to encourage flexibility, release tension, and enhance overall physical well-being throughout the workday.

£ Tailored pricing for each individual client package

OBJECTIVES & GOALS

Our aim is to help you enhance the well-being of your employees. Our mission is to partner with you to foster a workplace environment that not only enhances employee health, but also reduces stress and increases productivity. Our corporate wellness initiatives are designed to empower your team with practical strategies, blending nutrition and movement, to promote a healthy, happy and productive workplace. Our aim is to contribute to an environment where employees feel their best, both physically and mentally. Through fully understanding your company, its values and its culture our goals are to:

Implement strategies to minimise stress levels among employees, promoting a healthier work environment and mitigate burnout

Enhance Employee Health

Improve the overall well-being of employees through targeted wellness programs

Reduce Stress

Implement strategies to minimise stress levels among employees, promoting a healthier work environment

Boost Productivity

Enhance workplace productivity by fostering a positive and energised atmosphere through wellness initiatives



Corporate Retreat

A unique opportunity to offer your employees a Luxury Wellness Retreat in the heart of the Cotswolds. We will work with you to create a retreat which perfect for your company. We have a team of experienced Pilates, yoga and meditation instructors alongside our in-house chef to support you on your stay.



@uniquehomestay

Private Corporate Retreats in the Cotswolds

9 Luxury suites sleeping up to 18 people

A large meeting room and studio overlooking the rolling fields. An inside heated swimming pool, tennis court and an abundance of country walks.

Prices from £900 pp

Contact Details

Take charge of the health and wellbeing in your company by booking a no obligations discovery call. We can then prepare a personalised proposal and start you on the journey to optimised employee health and wellbeing.

EMAIL

CALL US

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THANK *YOU*