



**WiserWorking**

2024 Brochure  
of Services

Wellbeing at  
Work

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# About Us

We are an award winning people-development consultancy that places an emphasis on wellbeing.

Wiser Working was created by husband and wife team Claire and Noel Clerkin. The company was born as a way to integrate Noel's 20+ years experience as an executive leadership coach and Claire's expertise as a functional medicine and nutrition practitioner.

We offer a range of leadership development, team performance and workplace wellbeing solutions for the modern workplace.

Wiser Working is now a collective of experts in resilience, nutrition, personal development and neuroscience. We bring our collective expertise to promote wellbeing at work.

We were recognised by the CIPD in 2022 as Best External Consultancy.



# Our Approach

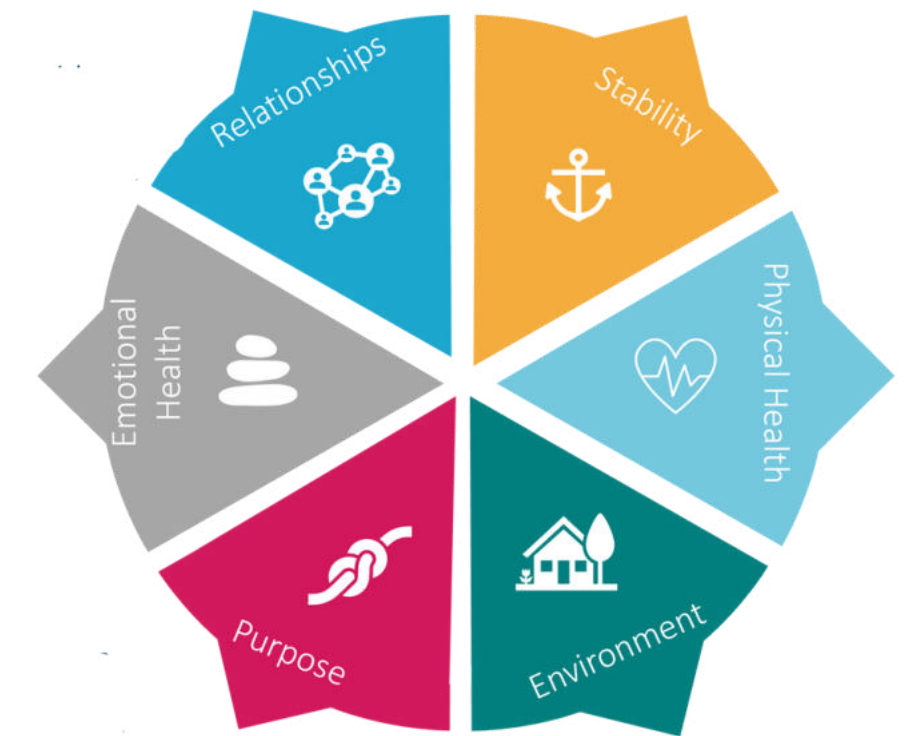
Over the years, we have developed a bespoke suite of frameworks that inform our approach to workplace wellbeing.

We have developed a comprehensive Wellbeing Framework and CORE Model based on neuroscience, functional medicine, positive psychology and business psychology.

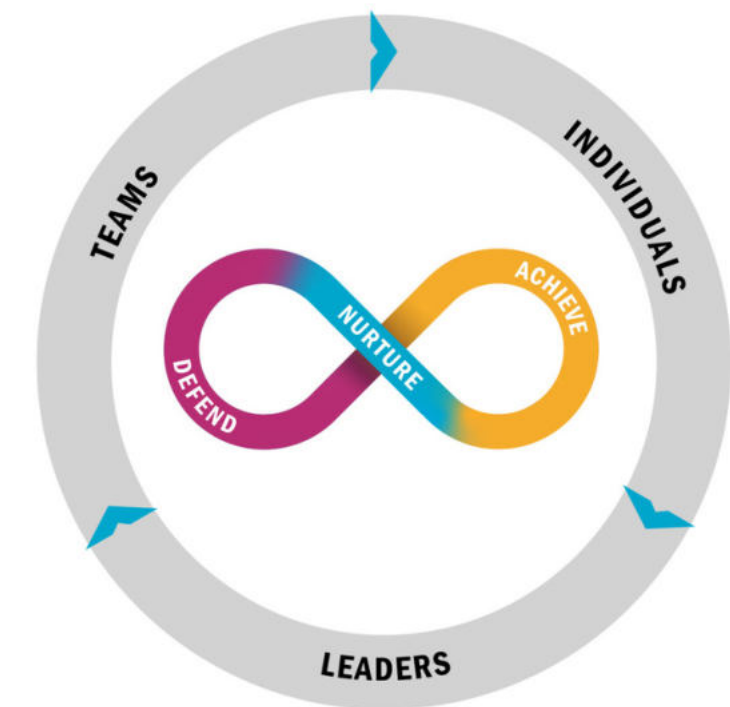
Our belief is that supporting the nervous nervous system is key to promoting wellbeing and creating a happy workforce. Lifestyle habits, conflict, and change, can all increase the stress load on individuals. We want to provide tools to deal with challenges of modern work and living.

We believe that the principles of resilience and wellbeing are an integral part of organisation culture and the hallmark of successful, sustainable businesses.

Please get in touch to find out more about our wellbeing models.



## Wellbeing Framework



## CORE Model

Continuous Optimisation of Resilience & Energy



# Our Delivery

**Our approach to delivering talks, workshops and coaching is to ensure that:**

- 1. Content is simple and practical** - participants will be able to leave each session with fresh information and easy ways to implement changes into everyday life.
- 2. Information is evidence-based and safe.**
- 3. Participants are empowered** to make positive and sustainable changes to their health and wellbeing.
- 4. Sessions are interactive and engaging.** We use a mix of showing, experiential practices and sharing.
- 5. Questions are answered.** All sessions are timed to allow for questions and answers. This enhances the learning and practical application for attendees.
- 6. Content is accessible.** We deliver in person and remote sessions to cater for the needs of remote workers and dispersed teams. We also offer online, self-paced video options via our learning portal.



# WELLBEING TALKS, WORKSHOPS & PROGRAMMES

Engaging and interactive sessions on popular wellbeing topics.

In-person or online. Delivered by subject matter experts.

Access to our online recorded library of talks.



# Talks & Workshops: Popular Topics



01

**Enhancing Energy** - diet and lifestyle habits to gain 10/10 energy levels.

02

**Food and Mood** - What, when and how you eat can support good mental health.

03

**Developing Resilience in the Modern World** - Understanding stress and daily hacks to build resilience.

04

**Work / Life & Digital Balance** - Practical tips and tools to optimise work balance with personal commitments when working remotely.

05

**The Healthy Brain** - what we can do to optimise our cognitive health and future-proof healthy aging.

We can design talks based on topics you are interested in. See [appendix](#) for full list of talk options.



# Wellbeing Programme Examples



01

**Resilient Talent** - Nurturing healthy habits and personal effectiveness for future leaders. Avoiding burnout in top performers.

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02

**Returns** - Supporting returning employees e.g. from long-term sickness or maternity/paternity leave.

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03

**Menopause Support** - Supporting employees during menopause.

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04

**Resilient Interns** - Support for junior staff who may struggle to cope with the demands of working life.

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05

**Shift Work Essentials** - Healthy lifestyle essentials for those working unusual hours.

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# COACHING

Coaching for executives and employees who need a bit of extra support.

1:1 or Team Coaching programmes.

Invest in a bank of coaching credits to use with staff, including:

- Leadership coaching
- Resilience / stress coaching
- Executive lifestyle coaching
- Team performance coaching



# Wellbeing Benefits



01

Support leaders and managers to optimise lifestyle to perform at the highest levels and avoid burnout.

02

Coachees gain improved resilience to stress, enhanced energy and mental clarity, better sleep and greater physical wellbeing and vitality.

03

Coaching helps participants to get unstuck from stressful patterns of thoughts and behaviour.

04

**Coaching approach may include:**

- Address behavioural and lifestyle patterns that lead to stress
- Explore and resolve situations that are currently stressful
- Deepen reflection on personal values and long term goals
- Practice difficult conversations



# WELLBEING ASSESSMENTS

Harnessing physical data to improve employee wellbeing in a safe, confidential way.

Using neuroscience and psychology to help individuals understand themselves and others.

Assessments uncover communication styles and behaviour habits that can lead to conflict within teams.



# Firstbeat Lifestyle Assessment



01

## Firstbeat Lifestyle Assessment

- The leading platform to bring physiological facts into wellness services.
- Measures the balance between stress and recovery for better health and improved performance.
- Participants gain understanding of physical and emotional stress triggers
- Data reveals personalised routes to reducing stress and increasing performance.
- Confidential data tracked on personal app.
- Anonymised team reports for assessing team support needs.

02

## Benefits:

- Improved resilience. Insights into personal stress / recovery levels and stress triggers.
- Helps users respond appropriately to stress and prioritise recovery.
- Engages users in health habits to optimise lifestyle and achieve work/life balance.



# Personal & Team Assessments



01

**Myers Briggs (MBTI)** - Provides insights into how people perceive the world, make decisions, and interact with others. Excellent for managers, avoiding conflict and team development.

02

**DISC** - Behavioural assessment tool that evaluates how individuals approach tasks, interact, and respond to challenges, communicate, and overall behaviour in various situations.

03

### Benefits:

- Improved self awareness. Individuals understand their own preferences, strengths, and areas for growth.
- Enhanced team dynamics. Fosters better teamwork and reduces conflict - a major source of stress.
- Improved employee engagement. Understanding the diverse behavioural styles creates motivation and engagement.
- Improved resilience. Insights into personal stress / recovery levels and stress triggers.



# WELLBEING CONSULTING

**Consultancy on your wellbeing strategy.** We develop a workplace wellness programme that fits your unique needs.

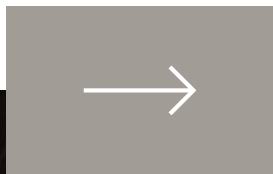
**Refresh our wellness programme.**

Let us breathe new life into your existing programme to increase engagement and results.

**Training your in-house wellbeing champions** - employees who have an interest in wellbeing and are motivated to create a culture of wellbeing in their organisation.



# Wellbeing Consulting



01

Let us develop or refresh your wellbeing programme.

02

We work in partnership with you to scope needs and work to your budget.

03

Includes stakeholder consultations, needs assessment, budgeting, training internal wellbeing champions and rolling out programmes.

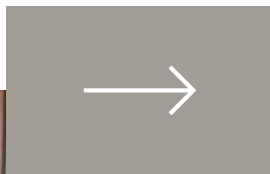
04

**Benefits:**

- Bespoke wellbeing programme informed by your employee's needs.
- Implementation of effective wellbeing interventions, rather than light-touch tick-box initiatives.
- Regular reviews to ensure employees engage with content.



# Wellbeing Champions Training



01

**2-6-week programme** depending on group size and needs.

02

Participants develop competence in conceiving, promoting and executing an internal wellbeing strategy.

03

Participants learn how to engage their colleagues in the topic of wellbeing and make a difference to their workplace culture.

04

**Benefits:**

- Enhance company culture.
- Improved staff wellbeing and retention.
- Wellbeing champions develop new skills, become agents of change and invest in personal growth.
- Increased productivity and improved customer experience.





# LEADER'S RETREATS

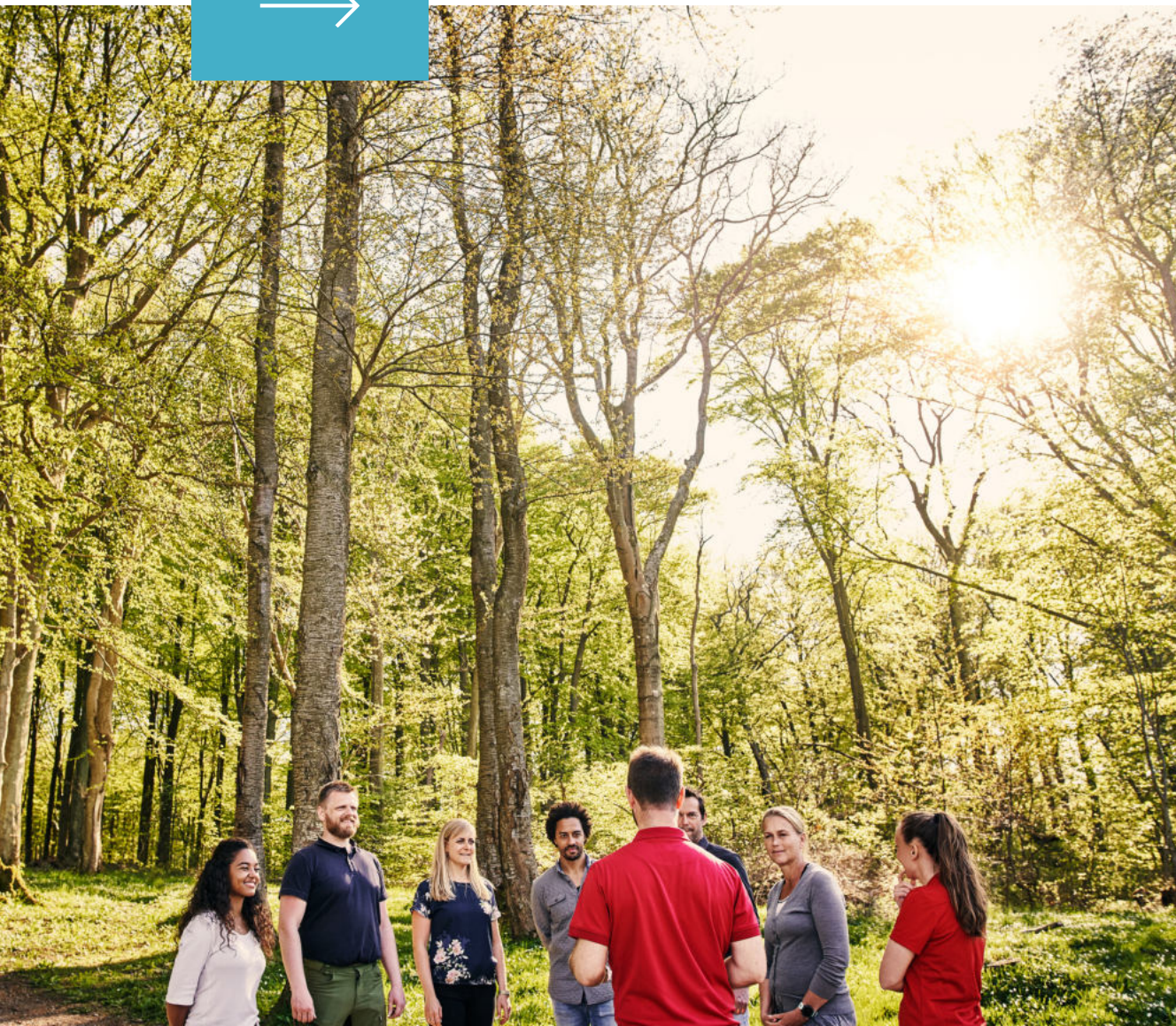
**1-3 immersive days** for leaders and management teams.

**Refocus** - opportunity to reflect, recharge, and reignite personal and professional drive.

**Offsite retreat** designed to further leadership skills, build personal resilience and revitalise team connection.



# Retreat & Revitalise



01

Let us design and develop a different kind of leadership offsite.

02

A combination of facilitated leadership sessions, stress reduction practices, strategic problem-solving and conversations about how to create more sustainable ways of working for team members.

03

Allows teams to gain a clear perspective on how to optimise self, team and organisational performance.

## Benefits:

04

- **Stress Mastery:** Discover the keys to unlocking peak efficiency by understanding and managing stress.
- **Authentic Leadership:** Embrace authenticity as a leader, empowering you to inspire and lead with unwavering integrity using Conscious Business methodology.
- **Forge Stronger Bonds:** Connect more deeply with colleagues to dissolve tensions, foster collaboration, and cultivate a thriving team culture.



# Let's Connect

Send us an email to find out more: [info@wiser-working.com](mailto:info@wiser-working.com)



Book a 30-minute discovery call to find out how we can help you - [click here](#).

Visit our website for more information: [click here](#)

Connect with us on LinkedIn: [click here](#).



# Appendix

Wellbeing Talk / Programme  
Examples



# MENU OF TALK OPTIONS

## Nutrition

**Food and Mood** - What, when and how you eat can support good mental health.

**Enhancing Energy** - diet and lifestyle habits to gain 10/10 energy levels.

**Super Charge Your Day** - Healthy breakfast workshop for all day energy.

**Smoothie Masterclass** - Healthy breakfast workshop for all day energy.

**Kick the Sugar Habit**  
Understand the health impacts of sugar and how to reset your taste buds

**Gut Feeling** - Discover the microbiome and why gut health is essential for wellbeing.

+ Many more!

## Lifestyle

**Work / Life & Digital Balance** - Practical tips and tools to balance work and personal life in a hyperconnected world

**Stress, Poor Sleep and Poor Diet: The new axis of evil?** The dynamic interplay between these three factors has a profound effect on our health.

**Creating a Healthier Habitat:** Revamp Your Home and Office for Wellbeing

**Inside Sleep** - The ultimate sleep discovery session. Find out why you need sleep & how to get more.

**Finding Balance in a Wired World:** The blueprint for mastering the Digital Detox.

+ Many more!

## Mental Health

**Developing Resilience in the Modern World** - Understanding stress and daily hacks to build resilience.

**Find Your Flow** - Simple tools to find meaning and purpose in your life.

**Emotional Eating** - The basics of MB-EAT: Mindfulness-Based Eating Awareness Training.

**Mindfulness for Beginners** - Learn the benefits of mindfulness and get started.

**Introduction to Gratitude & Positivity** - Daily hacks to improve mood and reduce anxiety.

**Strengthening Connections for Collective Wellbeing.** Strategies to foster a supportive team culture.

**Emotional Mastery.** How to build positive relationships at work.

+ Many more!

## Physical Health

**The Healthy Brain** – what we can do to optimise our cognitive health and future-proof healthy aging.

**Ergonomics and Posture:** Enhancing Physical Wellbeing at Your Desk. Simple solutions to keep good posture at work.

**Green Exercise** – How time in nature can keep you healthy & how to do it more often.

**Harnessing HRV** – How heart rate variability (HRV) can help you manage stress and sleep better.

**Daily Essentials for bone health** - Key habits to manage arthritis and osteoporosis.

**Cold Water Therapy** - Learn the benefits and how you can get them without full immersion!

+ Many more!



# Integrated Wellbeing Programmes

Curated programmes combining a mix of wellbeing approaches to educate and support employees over 4-6 sessions.

## Menopause Support Programme

Food, movement and lifestyle support for women working through perimenopause and menopause. Modules include:

- Eating Essentials
- Mindfulness for anxiety
- The right movement for women over 40
- HRV tracking to monitor stress, sleep, fitness and recovery

## Building Resilience for Work and Life

- Good stress vs bad stress
- Discovering values and purpose to enhance resilience
- The Three C's of resilience
- Daily practices to tame your nervous system
- Thinking Traps & Negativity Bias

## Healthy Aging Essentials

Essential support for an older workforce.

Modules include:

- Protecting cognitive health
- Exercise and mobility
- Nutrition for longevity
- Technology and aging
- Managing chronic conditions
- Creating a Personalized Aging Well Plan

## Mindful Eating Course

- Developing a healthier relationship with food
- Increased awareness hunger and satiety cues
- More enjoyment of food through mindful presence
- Guilt free eating – ability to enjoy the foods you love
- More awareness of thoughts and emotions relating to food

## Emotional Mastery

Discover the art of self-regulation, learn to transform negative patterns into opportunities for growth. Modules include:

- Introduction to Emotional Intelligence
- Understanding yourself (DISC / MBTI)
- Strategies for coping with stress and pressure
- Reframing perspectives for healthier emotional responses

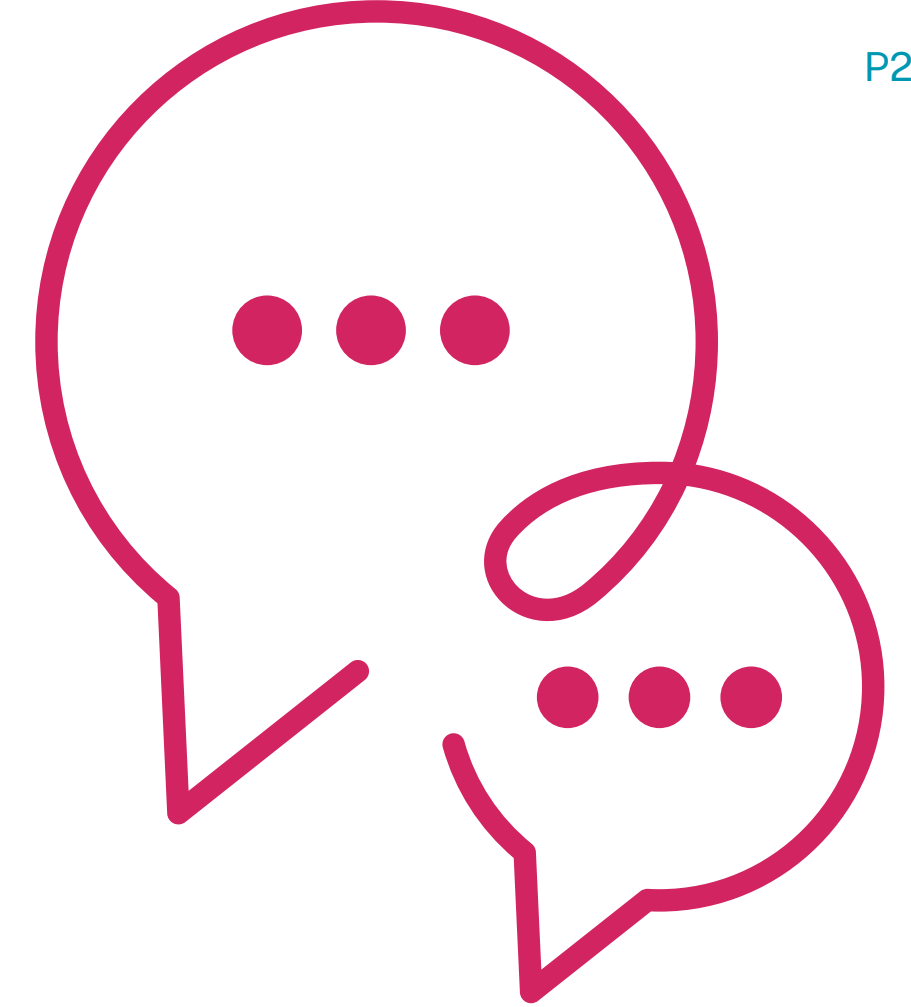
## Food as your Fuel

Harnessing the power of nutrition to improve overall health. Modules include:

- Basics for sustained energy energy
- Eating habits for sleep better
- Gut Health masterclass
- Eating for immunity
- Food and Mood



# Why Others Choose Us



*“Without doubt these sessions have had a hugely positive & life changing impact on many of our leaders who have been able to commit to and sustain both small and significant changes to their lifestyles.”*

Resilient Talent Programme

*“I found this module very beneficial. While the amount of work and related stress around this hasn't dropped, understand stress better and the tools of how to manage this stress has been really helpful.”*

Life / Work Balance Workshops

*“This programme has been really worthwhile. It made me stop and think. I have made a lot of positive changes to how I approach my work and personal life. Great support to help me to remain resilient.”*

Resilient Leader Programme

*“So much good information given. The speaker was excellent, and the information sheets are great. Makes you think seriously about your lifestyle. Very worthwhile.”*

Resilient Lifestyle Seminar

*“I left the retreat feeling refreshed and with a new understanding of the importance of self care. I learnt from my peers and felt a real sense of solidarity in the team.”*

Leader's Retreat

*“Very good workshop. Informative with great delivery. I am actually reassured that my diet isn't as poor as I thought. More sessions like this would be very welcome.”*

Nutrition for Menopause Workshop

*“The Firstbeat assessment is a massive win for me, I also reflected on my work-life balance from the assessment and workshops. I feel if I become stressed / work loaded I have tools and techniques to reflex and refocus.”*

Resilient Talent Programme

*“Claire facilitated a number of Nutrition workshops as part of our organisations health & wellbeing programme. We liked her professional manner and engaging style and delivery. I would highly recommend Wiser Working if you want to improve your personal or organisations health and wellbeing goals.”*

Nutrition for Peak Performance Workshops

