

WELLBEING WITH **WHYSUP**

**Your Organisation's
Wellbeing Solution**

www.whysup.co.uk



**Raising Awareness Through
Lived Experience**

www.whysup.co.uk

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WHAT WE DO

Whysup was started by Mark and Liam. In the last 3 years, WHYSUP have worked with over 40,000 people across education, business and sporting environments including some amazing clients:



This has enabled the business to provide vital information and display our commitment to our employees' mental and physical wellbeing. I would recommend to anyone wanting to enrich their organisation's approach to staff wellbeing to team up with Whysup, you won't be disappointed.

Ben Longworth, Safeguarding and Wellbeing Manager
Early Careers and Skills, BAE Systems

The shared experiences from Liam and Mark, plus the guests that join the sessions each month have shed an amazing amount of light on the subject whilst delivering the session in a down to earth and relatable way. They share amazing tips and advice on how to look after yourself and share great solutions to making that a reality. We have had amazing feedback from our team so far and always look forward to the next episode from them. I couldn't recommend these guys enough.

Ryan Standish, Director of Sales Development
Grafenia PLC



Whysup offers a wide spectrum of services, covering many of the issues we face in today's society.

However, the recent pandemic forced us to look at the way we could connect with our clients, deliver our services and help businesses and their employees.



A NEW APPROACH

Whysup offers a wide range of services and now has a team of speakers with lived experience, covering most of the issues we face in today's society

Working environments have changed, teams are now working differently and interaction has been impacted.

A person's professional performance is dramatically affected by what is happening outside of their working hours and what they are experiencing personally.

Businesses and organisations need to 'do something' to promote good wellbeing, to encourage open discussion and offer support.

Wellbeing with Whysup can help your organisation do this

WELLBEING WITH **WHYSUP**

A Positive & Practical Monthly Wellbeing Service

WHAT'S INCLUDED?

- ✓ **Monthly Wellbeing Video Discussion**
Each month will focus on a different topic or subject and we will feature guests with relevant lived experience to help us along the way.
- ✓ **Guidance from Your Team**
The option to include a quarterly video featuring a member of your senior team talking about wellbeing.
- ✓ **Resources to Encourage Growth**
Useful links, websites or apps for further info and support.
- ✓ **Additional Support**
Each session will close with our own details and information regarding whysupport.org.uk and the helpline/support that is available should anyone need it.
- ✓ **Input on Future Topics**
Whysup will be here to listen to suggestions around topics and themes that may benefit your team.
- ✓ **Branded Central Hub**
Clients will have their own unique log in to a branded member's page where the monthly videos and back catalogue can be viewed.
- ✓ **Simple to Share**
Videos will be available via private Youtube link for ease of circulation and a PDF of any supporting info made available.

Costs start from £150 ex VAT per calendar month, dependent on the size of your team

WHAT ARE THE BENEFITS OF A MONTHLY WELLBEING SERVICE?

- 01 Deliver a proactive and real approach to wellbeing with consistently fresh content.
- 02 Engage teams regardless of their current location.
- 03 Increased awareness for your organisation and individuals within it.
- 04 Encourage a proactive approach and personal responsibility for wellbeing.
- 05 Create a culture of understanding and discussion.
- 06 All employees would be made aware of the support available via whysupport.org.uk.
- 07 By using a third party you are demonstrating your willingness to invest in your team.

Ready to get your team on the path to wellbeing?



“ Better Wellbeing
EQUALS
A Better Business ”

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WHYSUP

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