

A complete wellbeing programme for HR & People teams

Mental, physical, social and lifestyle wellbeing — delivered by DBS-checked, qualified coaches with verified ESG impact your board can report on.

76%

of UK employees report burnout

21%

average drop in unplanned sick leave with regular wellbeing programmes

5×

ROI per £1 spent on workplace wellbeing

The four wellbeing pillars (plus how we deliver them)

Mental wellbeing

Movement-based stress reduction, resilience workshops and 1:1 mental health coaching.

Lower presenteeism · Reduced anxiety scores · Manager toolkits

Social wellbeing

Team challenges, group classes and inter-office events for hybrid teams.

Stronger bonds · Hybrid inclusion · Culture signals

Safeguarded delivery

Every coach DBS-checked, insured and Level 3 qualified, with safeguarding built in.

DBS verified · Fully insured · Audit trail

Physical wellbeing

On-site fitness, mobility, posture and rehab for desk- and shift-based teams.

Fewer sick days · Injury prevention · Energy & focus

Lifestyle & recovery

Sleep, nutrition and recovery education as bite-sized digital sessions plus workshops.

Better sleep · Sustainable habits · Burnout prevention

Inclusive by design

Programmes scale across abilities, ages and cultures — pre-natal, post-injury, neurodiverse.

Accessible · Adaptive · Inclusive language

Why HR & People teams choose MEM

- ✓ DBS-checked, insured, Level 3 qualified coaches
- ✓ Quarterly ESG & SROI reports (GRI, SASB, UN SDG)
- ✓ Anonymised, GDPR-compliant participation data
- ✓ Scales from one office to UK-wide hybrid teams
- ✓ Press release support & CSR badge for marketing

Tiers at a glance

	Starter	Growth	Enterprise
Annual fee	£5,000	£15,000	£50,000+
Sessions / month	4	12	Unlimited
Locations	1	Up to 3	Unlimited
ESG impact report	Quarterly	Monthly	Real-time dashboard
Named MEM contact	—	✓	✓
Board-ready presentation	—	—	✓

Ready to make wellbeing measurable? Book a 30-minute discovery call — we'll come back with a tailored proposal and ESG projection within 1 business day.

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