



EmpowerPlan 
YOUR WELLNESS REALISED

Where it started...

Our founder's story

Nadine is passionate about preventative measures and early interventions, and the reason for that is very painful and personal.

In the years leading up to Nadine training to become an RTT practitioner and setting up EmpowerPlan, Nadine lost people very close and dear to her through suicide. The first being the father to her first born child.

Since that devastating moment, Nadine has made it her mission and therefore EmpowerPlan's mission to put measures in place to prevent mental health crisis and support the good health and wellbeing of as many people as she can.

Nadine McCabe- CEO and Founder



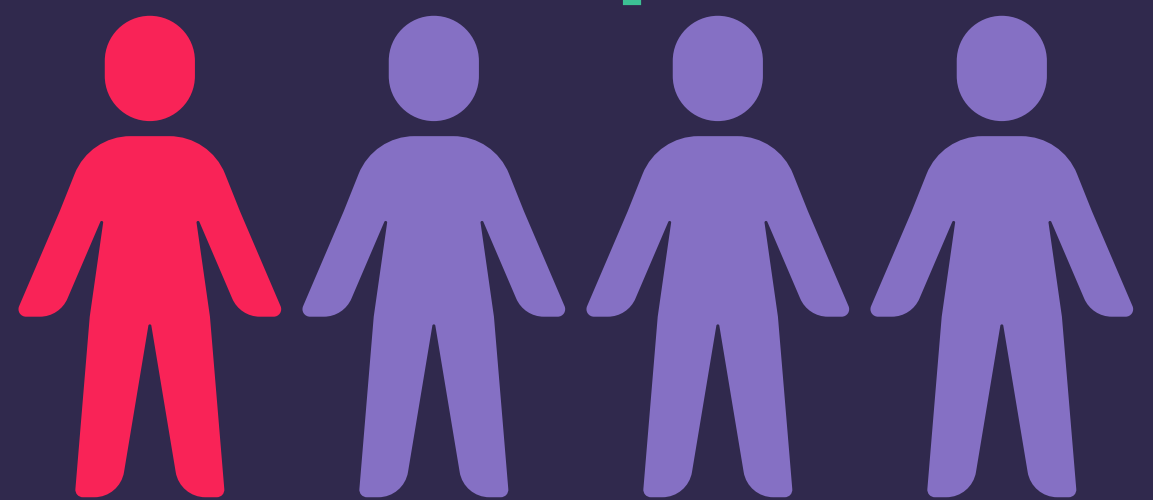
About us

Why and what to expect.

We offer resources for employers to fully monitor the wellbeing of their employees, implement preventative measures and support them when reaction is needed. Our team focus heavily on working with leaders to enhance employee relations and prevent ill health of your work force. We recognise that earlier interventions are needed and that it is not enough to simply react to a crisis.



1 in 4 employees



are experiencing a mental health problem of some kind each year

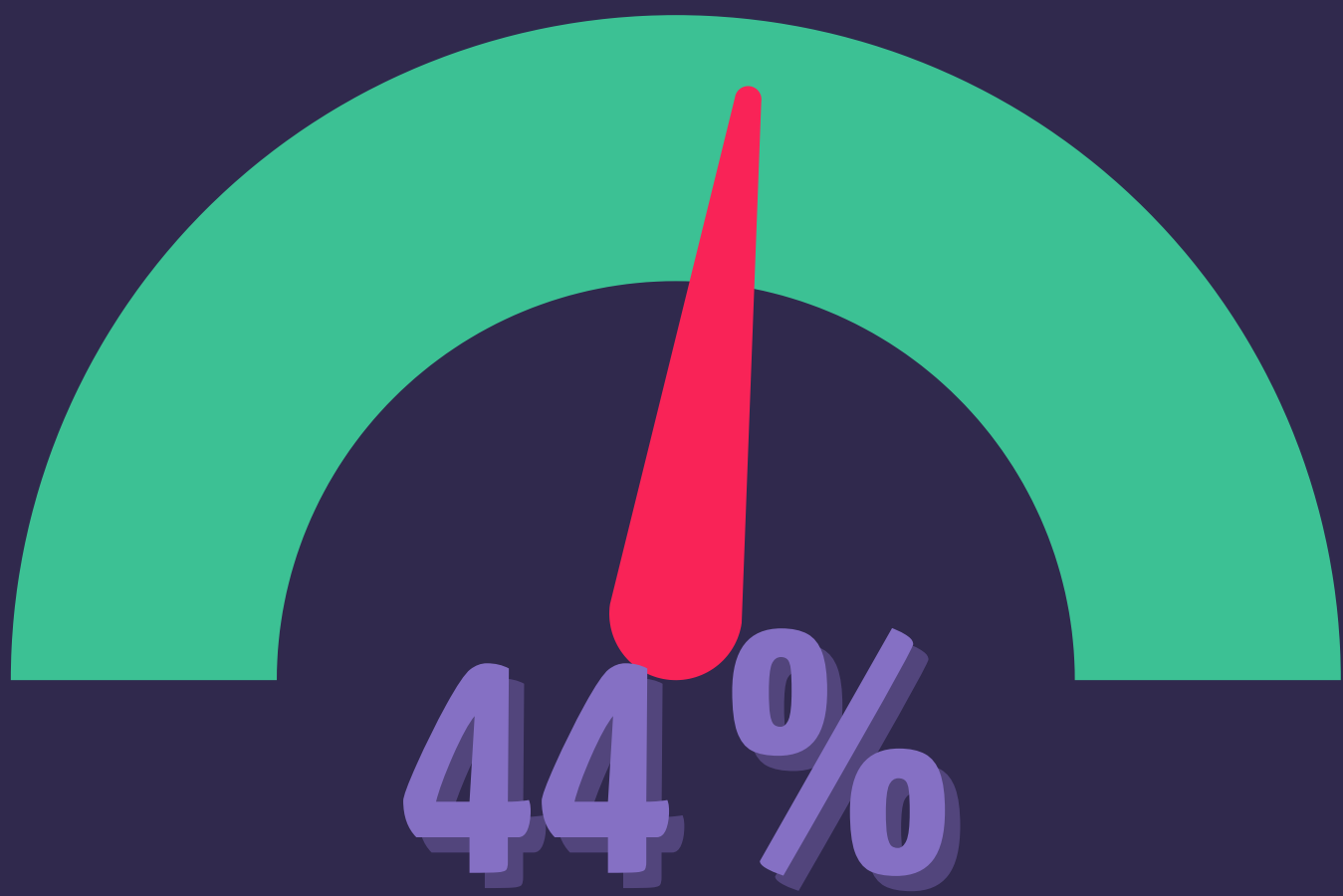
Our aim is to change and save as many people's lives as possible, by making fast and effective therapy and treatments available instantly through employers.

We are looking to make a big impact on employee's health and wellness, and as a result the company success.

Absenteeism

On average each employee is having 6 days off per year .

In a recent study, 1 in 5 people reported taking a day off due to stress. Yet, 90% of these people cited a different reason for their absence.

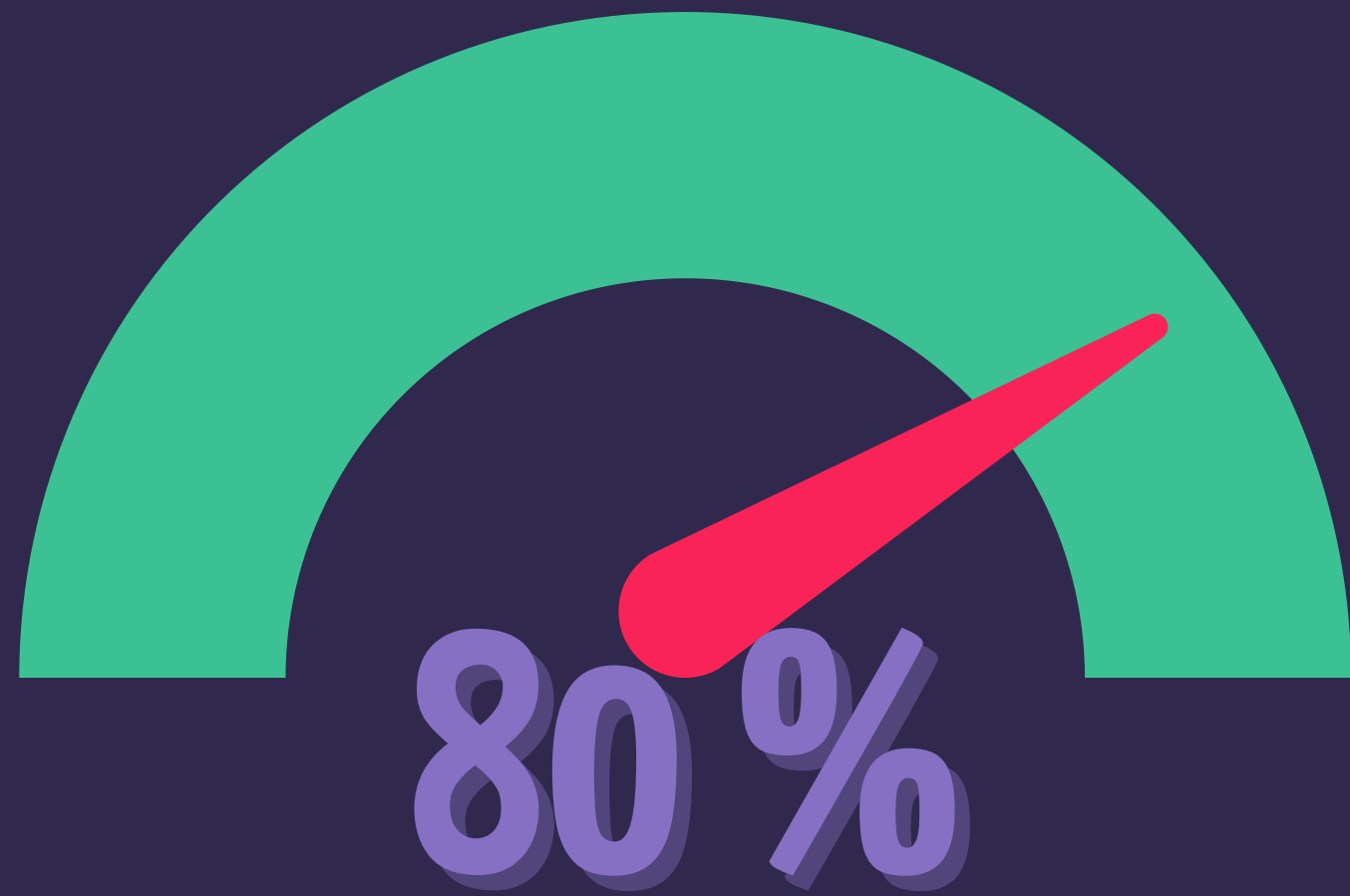


In 2018/19, stress, depression or anxiety were responsible for 44% of all cases of work-related ill health and 54% of all working days lost due to health issues in Great Britain.



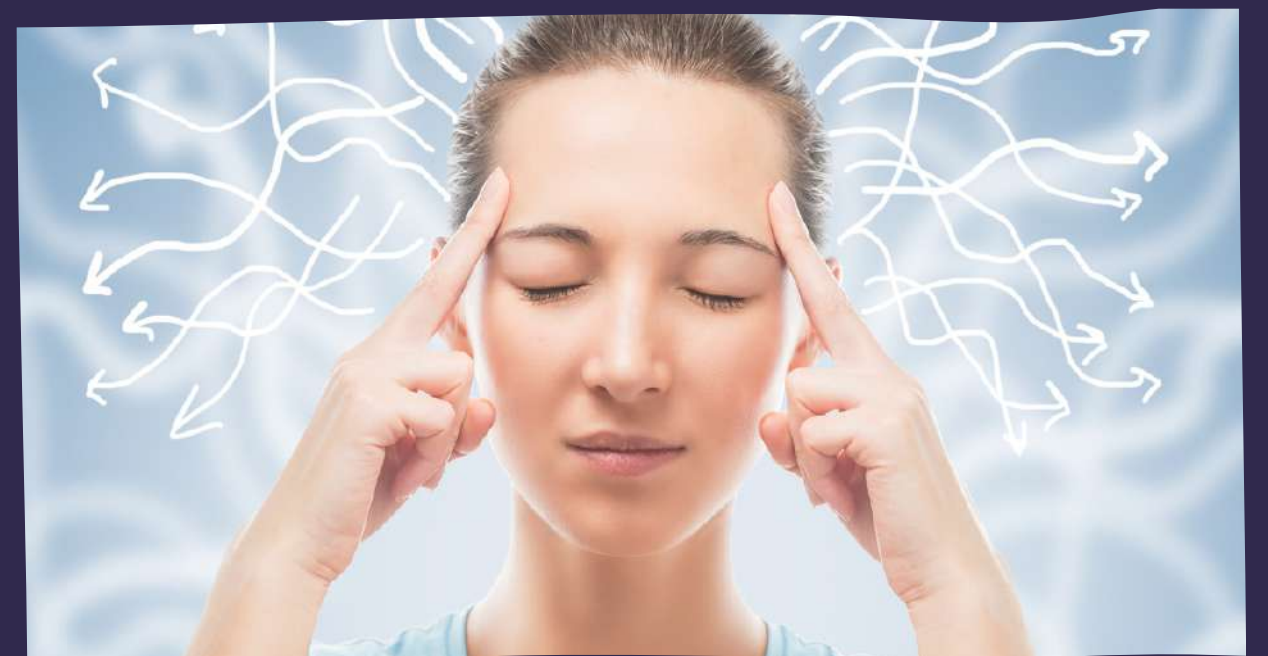
Presenteeism

80% of British employees still continue to work when they are unwell. This means although they are in work, they will tend to be unproductive and inefficient or even make significant mistakes.

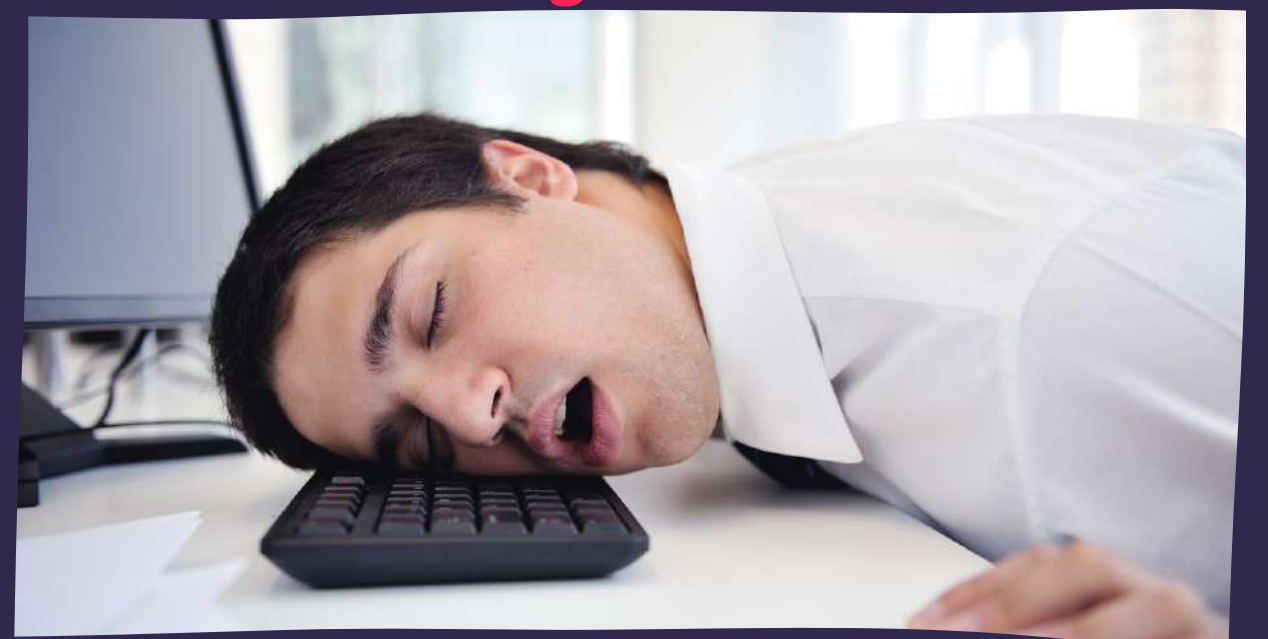


Unlike absenteeism, presenteeism isn't always apparent. It is completely obvious when someone doesn't turn up for work, but you can't really gauge when and how much an illness or medical condition impacts on someone's performance.

Loss in concentration



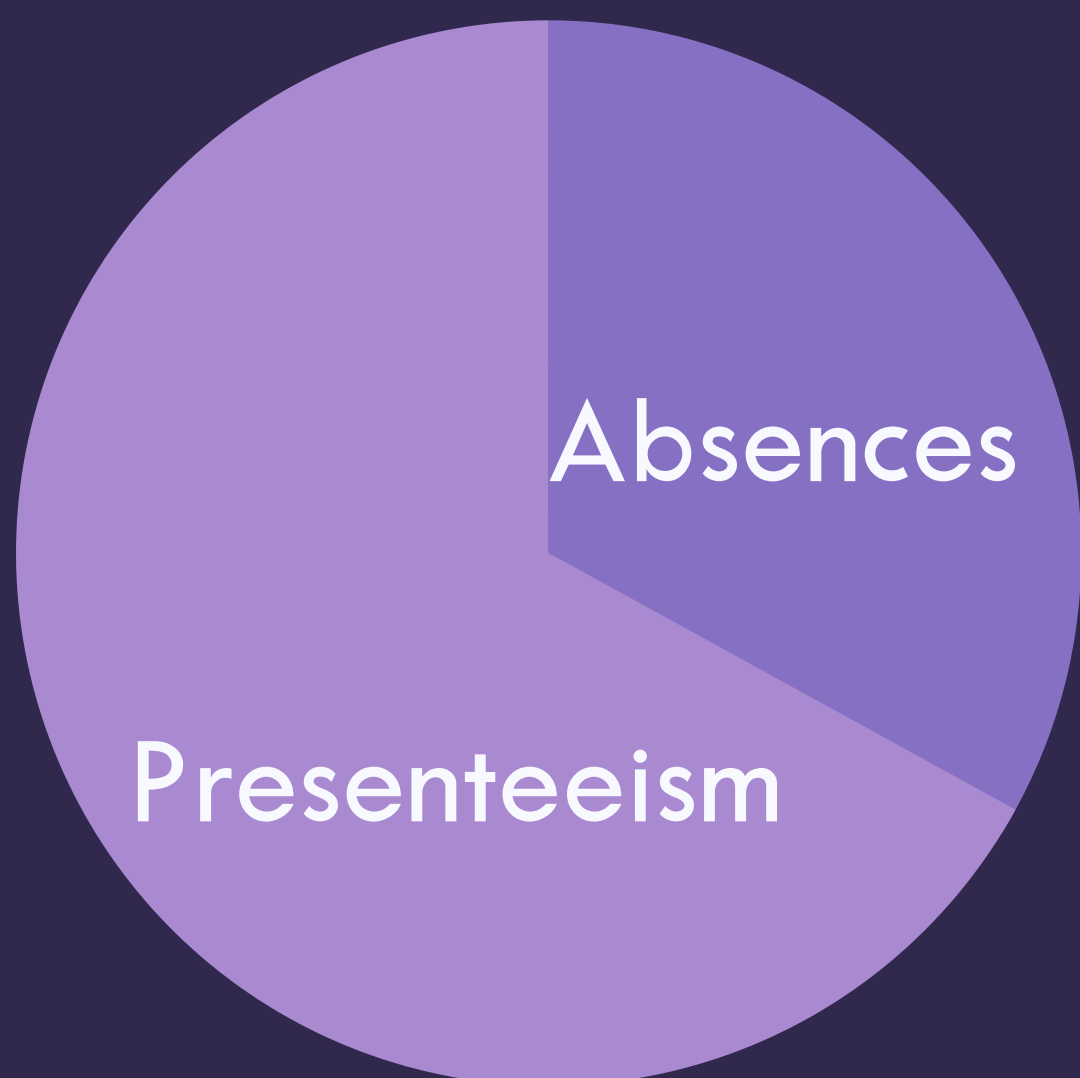
Fatigue and unmotivated



Inefficient and unproductive



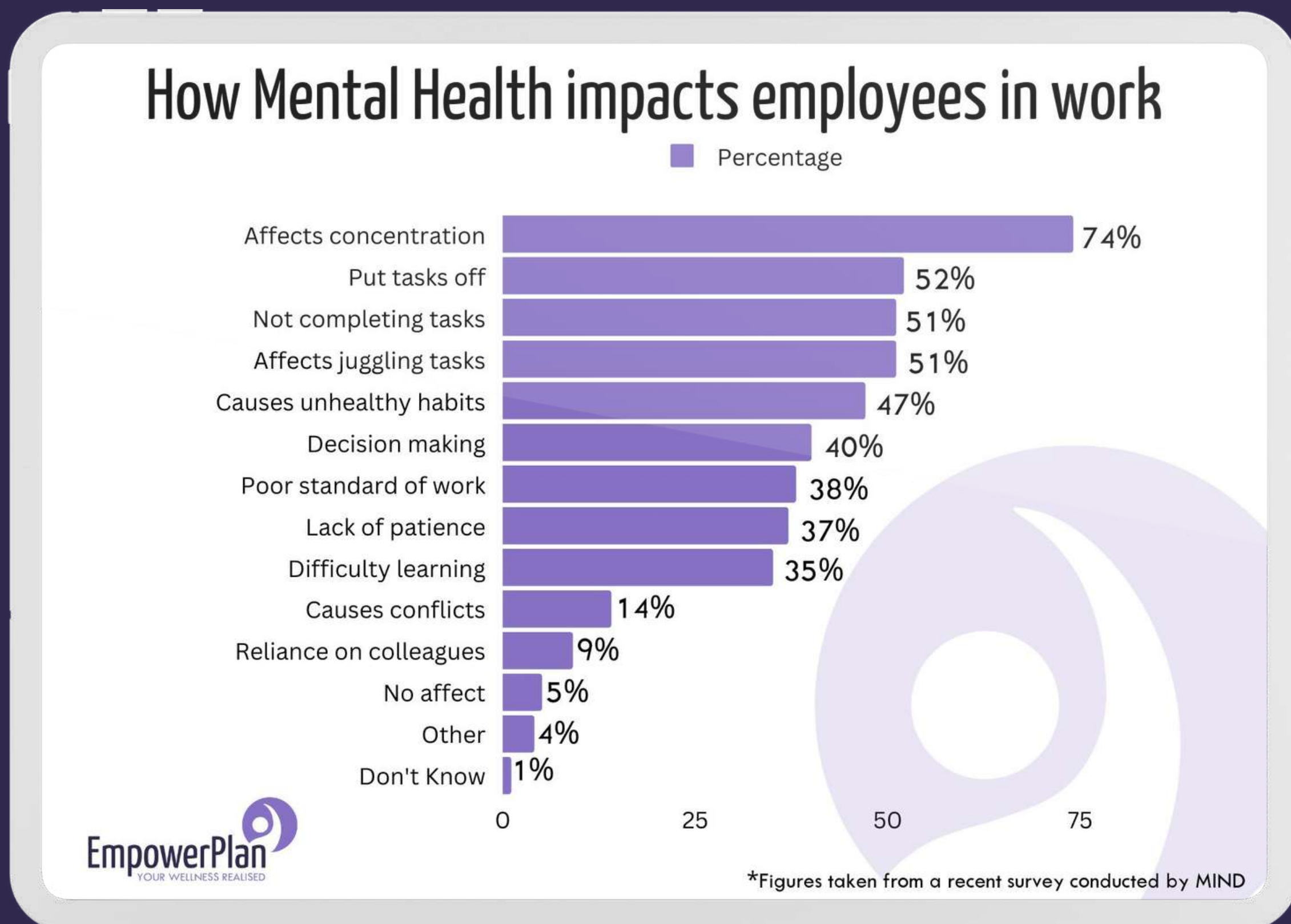
Costs to company



Presenteeism is estimated to account for 2 times more losses than absences.

Supporting Mental Health

Our workshops and self help resources provide early interventions to promote and maintain good mental health whilst our accredited counsellors and therapists are on hand when assistance with recovery is needed.



We have a number of registered therapists and BACP accredited counsellors located throughout the UK. Our counsellors are solution focused trained and many specialise in working with clients in need of assistance with:

- Anxiety
- Confidence/self esteem
- Depression/low mood
- Finding your purpose
- Eating disorders
- Addictions and substance misuse
- Insomnia/sleep issues
- Autoimmune conditions
- Physical pain
- Phobias/fears
- Relationship issues
- Menopause
- Young children and family issues

Supporting Physical Health

Physical health and fitness is an essential part of the overall wellbeing of your employees. Providing resources for your employees to engage in physical activities can enhance their creativity and productivity, fuelling the mind and strengthening the immune system.



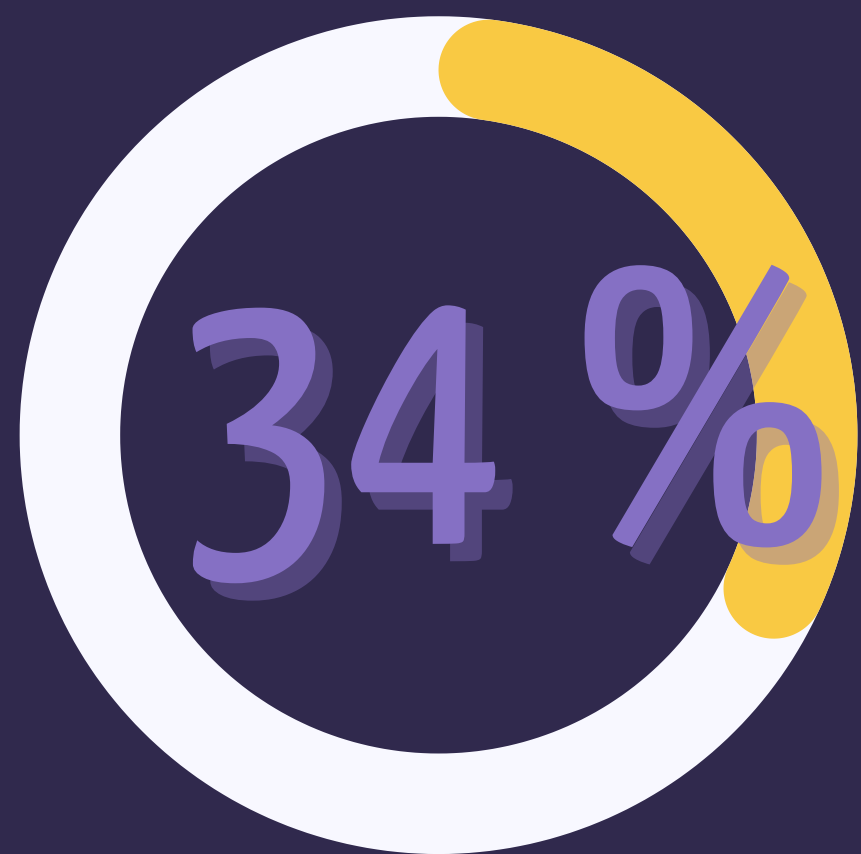
Physical activity helps to boost the immune system by increasing the circulation of immune cells in the body. It also helps with maintaining mental fitness, focus and concentration.

Nutrition is also a vital element to good physical wellbeing and we provide resources and educational material to assist your employees with choosing the right fuel for their body that supports their physical health.



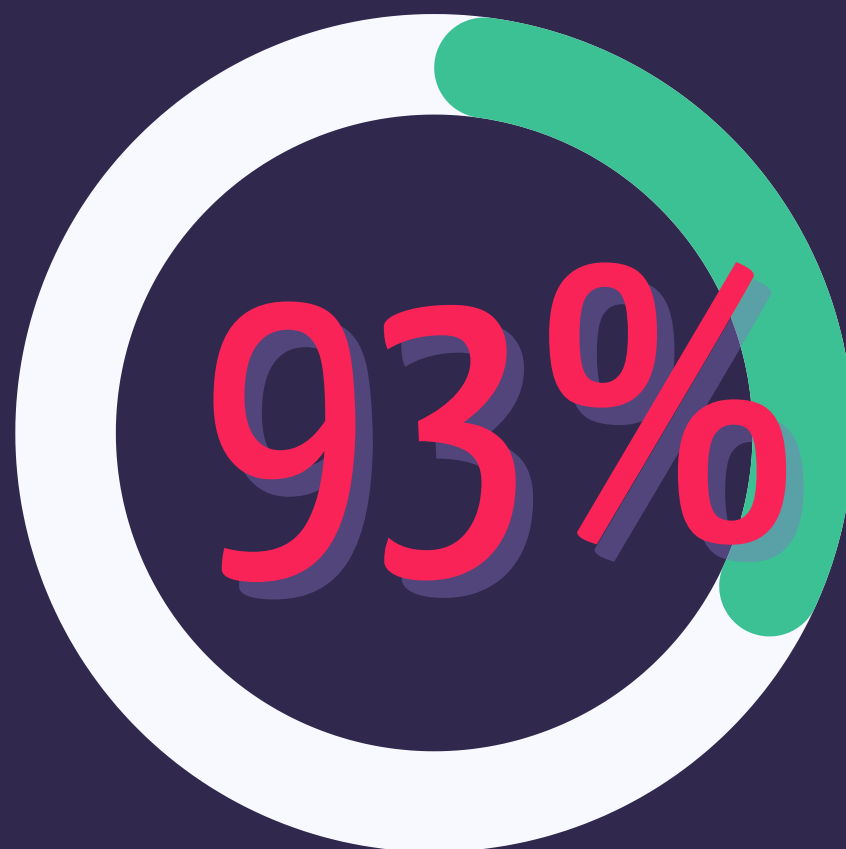
Supporting Development

Developing existing or learning new skills and expanding knowledge supports and promotes wellbeing as well as enhancing career and life opportunities. These skills will enhance self esteem and confidence in your employees as well as allowing them to promote their talent and creative ideas.



Retention rates are 34% higher among organisations that offer employee development opportunities.

A well-planned employee training program would positively impact engagement for 93% of employees.



We provide resources that will allow employees to reflect on their current life or skills, and empower them to make changes in their mindset and resulting actions.

There are a number of pillars to maintaining wellbeing and while physical and mental health are widely spoken about; intellectual (personal growth), financial, social, environmental, occupational and spiritual development are just as important.

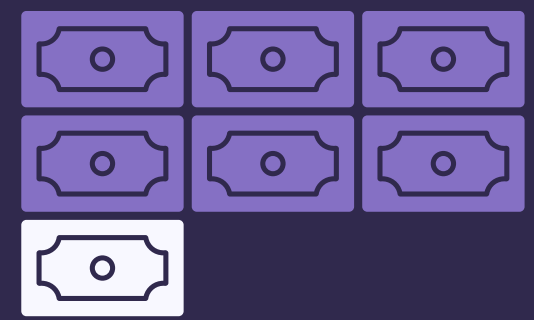
What to expect when using our services...

We offer your employees a benefit that will truly make a difference. We work with you to assess the needs and wellbeing of your staff, and then use the findings to implement preventative measures to reduce the risk of crisis points hitting for mental health.

Through utilising our services, your employees will be more motivated, healthy, engaged and present. Our resources are able to empower them to heal and be more confident and resilient.

Your staff are the powerhouse of your organisation, and we aim to take care of them so they can take care of your business.

6:1



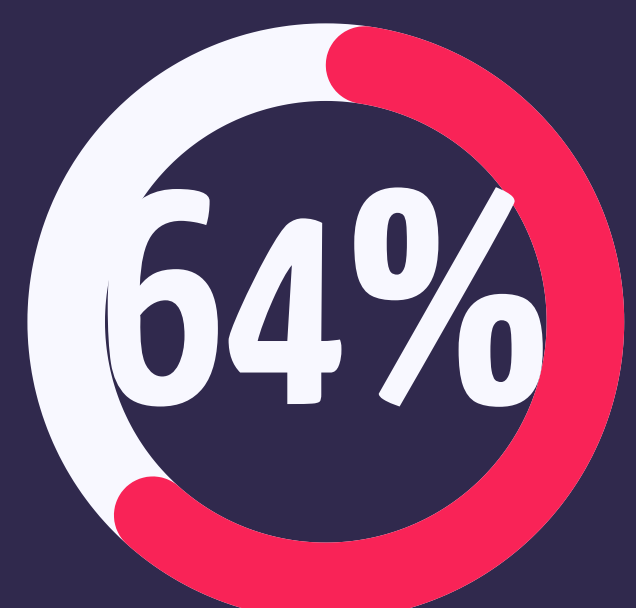
Return on Investment



Clinical Improvements



Increased Productivity



Reduced Absenteeism

Benefits of wellbeing interventions



Productivity



Presenteeism



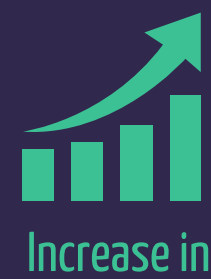
Creativity



Absenteeism



Employee engagement



Job satisfaction



Customer service



Accidents in work



Employee retention



Focus and concentration

Our Services

Our services are designed to enhance the skills, and physical and mental health of your employees through powerful therapies, workshops and our EAP services.

We put preventative measures and resources at the finger tips of your employees, and work with you to ensure your employees receive the help they need to support their growth in life, career and health.



Therapy and Counselling

Make use of our certified experts by providing a dedicated counsellor or therapist for your employee in their hour of need or crisis.

We offer RTT, which is a powerful alternative to counselling to offer your employees. The personalised approach works with employees to reframe any negative beliefs, values, habits and emotions – many of which they have carried with them since childhood.





Group Workshops

Our workshops are transformational and incorporate powerful therapy and healing methods to truly make an impact on the attendees.



We provide information and worksheets for them to reflect on their personal experience and the ability to transform their mindset and find a power within themselves to excel within their life and career.



Employee Assistance Program

Provide preventive resources for your employees and track and monitor their wellbeing so both they and the organisation know what needs to be worked on to find balance and complete wellness.



Employees can access group workshops and webinars, counselling or Rapid Transformational Therapy (RTT) sessions and extensive fitness, nutrition, life coaching or mindfulness resources.



Therapy and Counselling

We offer a counselling and therapy service for your organisation to make use of as required. We also offer Rapid Transformational Therapy (RTT) as an alternative to counselling, which is a hybrid and very fast and effective therapy method.

Why choose RTT

RTT unlocks the beliefs and subconscious programming that are the root cause of the presenting issue. This journey of self discovery is enlightening and influential.

With the help of the therapist, the client will be given the power to reframe those beliefs, and install new programming to transform their mindset or lifestyle and restore health.



The power to choose

Your staff have a wide choice in their recovery method as we have practitioners who can offer services in:

- Psychotherapy
- Cognitive Behavioral Therapy (CBT)
- Rapid Transformational Therapy (RTT)
- Neuro Coaching
- Hypnotherapy
- Rewind Therapy
- Transactional Analysis (TA)
- Reiki
- Other holistic services

We are all unique, and each employee is unique in the presenting issue, and choice in assistance and treatment that they prefer.

Group Workshops

We offer a large selection of on site or virtual workshops which can include transformational therapy or shorter virtual workshops which can be accessed monthly.

Book a half/full day or hourly workshop that enables the employees to increase their knowledge, reflect on themselves, enhance new skills and transform their mindset.

Our workshops are more than just a learning experience; they open up doors and opportunities for your employees to develop and thrive.



We cover ALL 8 pillars of wellbeing



Option 1

One hour interactive virtual workshops



Option 2

Half/Full day of transformational workshops



Option 3

Holistic workshops and Corporate Yoga Classes



Employee Assistance Program

Employees are able to login to an exclusive online portal that provides them with access to a self-reflection wellbeing tracker and goal setting function. Along with a large library of downloadable resources to enhance their overall wellbeing. They have access to a library of resources that include:

- Webinars
- Fitness Videos
- Hypnosis and Meditation Audios
- Nutrition Information
- Diet Plans and Recipes
- Therapy worksheets
- Life Coaching Worksheets
- Planners and Organisers
- Useful documents and information
- Live monthly workshops



Therapy and counselling

Each member has access to a free Rapid Transformational Therapy session should they encounter an issue within their lives that is causing a problem for them. This hybrid therapy is able to bring about fast and transformative results for a variety of presenting issues.

No waiting lists, just fast and most of all effective mental health support. If counselling is preferred, our members are able to access sessions where they are offered solution focused support to help them to work through their presenting issue. All of the counsellors are accredited BACP counsellors and your staff can book their session quickly and easily through their members portal.

Why have an EAP?

Having an EAP in place such as ours makes your employees feel valued and supported. It also enables us to provide them with resources to prevent ill health and develop new skills to enhance their performance and overall happiness.

In a recent study of 4800 EAP customers, improvements to the below were found:



These results are a powerful demonstration of the positive effect of EAP services on employee performance.

The nearly 70% reduction in absenteeism alone is compelling evidence for the value of offering professional support to employees who are facing personal challenges.



Standard EAP package

EmpowerPlan offers a basic package with the ability to bolt additional services onto the memberships at a user specific level. This enables each corporation to recognise individuals who need greater support or teams that need further development.

The organisation:

- Employers Dashboard- Overall company wellbeing and usage data
- Group Workshops- Monthly one-hour virtual workshops
- Quarterly reports
- Dedicated customer account manager and support
- Initial workplace health needs assessment

The employee:

- 1 x RTT session

OR

- 6 x Counselling sessions per annum

Portal Access to:

- Webinars
- Fitness Videos
- Hypnosis and Meditation Audios
- Nutrition Information
- Diet Plans and Recipes
- Therapy worksheets
- Life Coaching Worksheets
- Planners and Organisers
- Useful documents and information
- Sign posting to legal and debt advice
- 24/7 Mental Health Support



Additions

Therapy and Counselling

Should your employees need further sessions, these can be booked for an additional fee per session.

Organisations have the option to supplement additional sessions on behalf of their employee should they wish to. Practitioner funds can be added to the user account upon request by managers and employees have the option to self-fund additions to their account too.



Holistic health sessions

We work with a number of practitioners that the employees can book sessions with. These sessions can be booked using additional funds added to the user account. Organisations have the option to add additional practitioner funds or employees can also self-fund the sessions.

- Reiki
- Nutrition Coaching
- Personal Trainer Sessions
- Massage
- Herbal Medicine
- Breathwork
- Sound Therapy
- Reflexology
- Hypnotherapy
- 1:1 Yoga or Pilates
- Many More...





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