



YOUR WORKPLACE WELLNESS COACH

Ali Swift





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Ali Swift is an award-winning and accomplished Well-being Coach and Author, Holistic Therapist, and Reiki Master Teacher, recognised for her ability to transform lives through mental health support following her own experiences with mental illness.

Ali's diverse background includes over 25 years in IT Service Management, working in some very high pressured environments across multiple industries. She has hit burnout twice in her corporate career, leading to mental illness recovery. She currently works as an IT Service Manager in the Utilities industry.

She is dedicated to sharing her own lived experiences, the power tools, and strategies that empower individuals to improve their emotional well-being and overall health.





YOUR WORKPLACE WELLNESS TESTIMONIAL

"At our recent conference, the pressure was on to find engaging and impactful sessions for our team of remote workers. We craved something beyond the usual productivity hacks and time management tips. What we truly needed was a way to combat the isolation and burnout that can creep in when your office is your living room.

That's where Ali Swift stepped in, and let me tell you, she was a revelation.

Ali's workshop, "Wellness Tools for Remote Workers" wasn't just informative, it was transformative.

It was like she'd stepped right into our heads and understood the unique challenges we face. Forget dry statistics and generic advice; Ali's approach was personal, practical, and infused with a genuine warmth that instantly put everyone at ease.

She shared simple yet powerful exercises that we could incorporate right into our workday, from mindful breathing techniques to reminders of the impact of staying hydrated, incorporating music and state-breakers. Ali even guided us through a visualisation exercise that helped us reconnect with our personal sense of purpose, reminding us that even amidst the chaos of remote work, we can still find meaning and fulfillment."

(Jessica Draganescu - YOPA Head of Business Development)



YOUR WORKPLACE WELLNESS WORKSHOPS & 121 COACHING

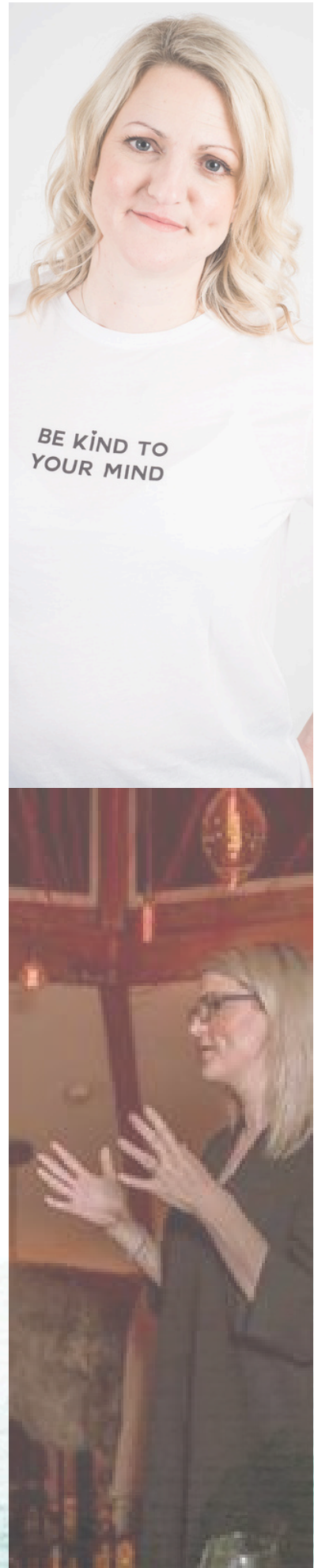
Your Workplace Wellness Coaching includes wellness workshops for teams and/or 121 wellness and mindset coaching for individuals.

The recommendation is that all engagements begin with the 'Discover Your Wellness Toolbox' workshop for all team members.

You can then choose for Ali to deliver a series of workshops and/or 121 coaching for your teams.

Wellness Programs including both workshops and 1-2-1 coaching, with the options of additional well-being services, are also available.

The pricing model includes the costs for each service type and an example program.





YOUR WORKPLACE WELLNESS WORKSHOPS

An inspiring variety of in-person and online wellness workshops (60 – 90) minutes to resonate, motivate, and encourage all participants to take responsibility for their own wellbeing, with a holistic approach.

This can lead to more resilient and healthier individuals, with more positive mindsets, and collectively, a more productive workforce.

WORKSHOPS

The 90 minute workplace wellness workshops are interactive and can be delivered online or in person. Designed to help participants discover and use wellness tools, empowering them to help manage stress, reduce the risk of burn-out, improve connection with colleagues, and develop a more positive mindset.

There is a menu of workshops to choose from. Bespoke workshops can also be designed to address specific challenges, blockers, and issues within the team. Tailored to meet the needs of the business, the team and the individual.

Alternative workshops for mind, body, and spirit (e.g. Sound Baths, Cold Water Therapy, Holistic Therapies, Yoga) can be arranged to provide diversity, promote inclusion, and add some extra fun to any programme of well-being events. Delivered in collaboration with Ali Swift Partners, additional costs may apply.

INTRO WORKSHOP

£750

Discover Your Wellness Toolbox
Talk & Workshop

An introduction to Your Wellness Toolbox. Essential for the start of any engagement with all clients.

(Unlimited Participants)

ADD WORKSHOPS

£750

Choose additional workshop(s).
Examples:

- Discover Your Wellness Toolbox
 - Your Self Care Clock
 - Your Positive Thinking
 - Grow Your Gratitude
 - Writing For Your Wellbeing
 - Your Speed Connections
- (Up to 30 Participants)

6 X WORKSHOPS

£4000

Choose 6 x workshops, that can be delivered in any timescale agreed within a 12 month period.

Recommended participant volumes vary depending on choice of workshops, to be agreed upon request.

12 X WORKSHOPS

£7500

Choose 12 x workshops, that can be delivered in any timescale agreed within a 12 month period.

Recommended participant volumes vary depending on choice of workshops, to be agreed upon request.



121 COACHING

Your Workplace Wellness coaching can be a valuable asset for your team, as it focuses on enhancing the overall health and happiness of individuals within the group. Just a few of the benefit's that can be realised:

- STRESS REDUCTION
- IMPROVED WORK-LIFE BALANCE
- ENHANCED PRODUCTIVITY
- INDIVIDUAL GOAL SETTING
- HEALTH AND FITNESS
- ENHANCED MORALE AND MOTIVATION
- CRISIS MANAGEMENT
- INCREASED RESILIENCE
- BETTER COMMUNICATION AND COLLABORATION
- RETENTION AND RECRUITMENT



YOUR WORKPLACE WELLNESS COACHING

As Your Wellness Toolbox Coach Ali will guide, motivate, and encourage individuals to discover their own Workplace Wellness Toolbox and fill it with the appropriate tools that will encourage them to have a daily self-care routine, build their resilience and confidence, and grow a more positive mindset in the workplace and their everyday life.

Price is inclusive of coaching sessions, administration, and reporting.

3 Sessions

£750

Per Individual

Recommend minimum 3 sessions per individual.

Bi-weekly online sessions

Additional sessions £200 +VAT

5 Sessions

£1125

Per Individual

Recommend minimum 3 sessions per individual.

Bi-weekly online sessions

Additional sessions £200 +VAT

Price above is when booked for 1 - 20 individuals

3 Sessions

£675

Per Individual

Recommend minimum 3 sessions per individual.

Bi-weekly online sessions

Additional sessions £200 +VAT

5 Sessions

£1000

Per Individual

Recommend minimum 3 sessions per individual.

Bi-weekly online sessions

Additional sessions £200 +VAT

Price above is when booked for 21 - 40 individuals



ADDITIONAL SERVICES

In addition, Ali can provide the following support and services:

- Well-being Champion providing guidance and support to existing well-being champions within the team –
- Mental Health First Aider
- Well-being & Wellness consultancy supporting Culture Change initiatives.

Additional fees may apply depending on requirements, based on £750 (+VAT) day rate.



YOUR WORKPLACE WELLNESS PROGRAMME

The Your Workplace Wellness Programme combines a series of Your Workplace Wellness Workshops for the whole team and includes 121 coaching for individuals who feel they would benefit from personalised coaching, with extra accountability.

This is an example three-month programme based on supporting a team of 25 individuals:

Month 1

- Discover Your Wellness Toolbox Workshop
- Team Meeting Temperature Check(s)
- 25 x 121 coaching sessions

Month 2

- Your Self Care Clock Workshop
- Team Meeting Temperature Check(s)
- 25 x 121 coaching sessions

Month 3

- Your Self Care Clock Workshop
- Team Meeting Temperature Check(s)
- 25 x 121 coaching sessions

PRICE: £17,500

Additional 121 sessions per individual £150

Additional Workshops £700

Prices include administration, resources, and reporting.



CONTACT

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