

wellbeing at work



Corporate Wellness



About

MetaWell Corporate Wellness Programmes



I'm on a mission to help employers create healthy workplaces with happy, engaged and loyal employees!

I'm Minna, a MSc degree qualified, BANT registered nutrition and lifestyle medicine practitioner, digestive, menopause and mental health specialist, a mindset coach and founder of MetaWell.

MetaWell nutrition clinic is based in Bracknell and online, where I help people move from surviving to thriving and living their lives to the fullest, by digging deep into the root causes of their health concerns and symptoms.

I'd love to show your staff how to feel happy and healthy. I make looking after your employee health simple, delicious and fun!

What's in it for you?

- Improved employee engagement
- Reduced sick days and presenteeism
- Increased employee productivity
- Attracting and retaining best talent
- Higher profits

metawell.co.uk

mw
metawell

My corporate wellness services



1

Nutrition/health talks

Health Awareness Days, mental health/food and mood, menopause, stress management, hormone health, sleep, immune health, nutrition basics

2

Pop up clinics

One-to-one health coaching with individual staff members in the office or online



3

Seasonal health challenges

Healthy team challenges (healthy habits challenge, gut health challenge, dietary variety challenge, self-care challenge...)

4

Workbooks/eBooks

Resources such as recipes, habit trackers, workbooks



5

And more!

Let's discuss your company needs and I will tailor my offering to suit your requirements

"The part can never be well, unless the whole is well." -Plato

Good Health = Good Business!

Employers who take employee wellbeing seriously are the winners who will be able to retain and attract the best talent and see an increase in workplace engagement, employee satisfaction, productivity and profits.

Let me help you empower your staff to start enjoying looking after their health.

Find more information on my workplace wellness web page:

metawell.co.uk/workplace-wellness

Get in touch



[Click to](#)
[email Minna](#)

metawell.co.uk

mw
metawell



Minna Wood



[Click to email](#)