

wellbeing at work



Corporate Wellness



METAWELL

better gut • better mood • better life

metawell.co.uk

Hello!

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

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MetaWell

Corporate Wellness

Turning complex nutrition science into practical strategies your people can put into action.



Equipping employees with accessible education and practical tools to make healthier choices with confidence.



Supporting sustainable habits that promote energy, resilience, wellbeing and long-term health.



Helping your people feel healthier, more energised and better equipped to thrive at work and at home.



Investing in healthier, happier and more engaged workplaces.



MetaWell Corporate Wellness



1

Nutrition/health talks

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

2

Pop up clinics

One-to-one health coaching sessions 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 offerings 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.

**Empowering your people to make healthier choices,
feel better and thrive — at work and beyond.**

Find more information on my
workplace wellness web page:

metawell.co.uk/workplace-wellness

Let's chat!



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Minna Wood



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