

# Wellbeing at work



## Corporate Brochure



The Health Habits Coach  
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# About



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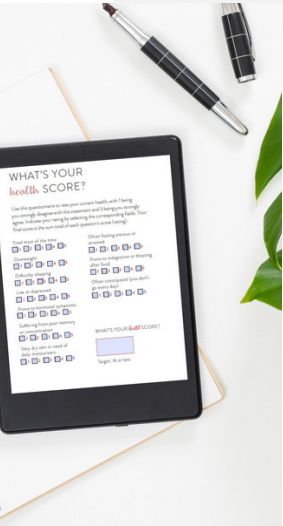
The corporate wellness landscape is undergoing a transformation. In an era where remote work is prevalent, fostering unity around the shared goal of 'health' has become increasingly vital. The good news is that a substantial amount of content can now be delivered virtually.

Stress ranks as the primary motive behind medical visits by employees and a major contributor to absenteeism. However, it can be efficiently managed with the right strategies and resources to prevent rather than try and cure.

With that in mind, building a greater awareness of how we can all optimize our health is essential to achieving long term wellness and vitality as a way of life. This has a direct impact on work productivity and a company's bottom line. The thing is, knowing what to do is one thing, but carrying it out with a consistent, sustainable foundation, is another. The research shows that by taking the necessary, simple steps towards improving our nutrition, sleep, regular physical activity and making "time for ourselves" every day make a world of difference, impacting on all areas of our life, from our relationships to our work. It can be really that simple. But we often forget to focus our energy on these important things.

As a health coaching practitioner, I'm passionate about helping others live a healthier and more fulfilling life through establishing good habits, whilst uncovering the barriers and limiting beliefs that can get in the way so that they can feel better and live more.

# My services



01

**Talks** | I deliver a signature talk on the key topic of habit formation and building increased self-awareness of habitual behaviours and practices across my foundations of health. This offers employees real insights and provides a practical toolkit they can begin to use to make different lifestyle choices to build habits that will support a healthier life. Includes relevant mini coaching exercises in a Healthy Life handout, and ebook based on the talk topic. A range of follow on topic specific health talks also tailored to your company's needs.



02

**Pop Up Clinics** | In person or virtual 30-45 minute mini laser coaching sessions for employees to discuss a targeted and meaningful way forward with any health related concerns.

03

**Content** | Contribute a variety of monthly employee targeted content including relevant healthy habits and wellness articles, tips and recipes on themes and topics that dovetail with relevant awareness days or other workplace wellness initiatives.



04

**Challenges** | These are delivered through daily content, and prompts to help participants put the ideas into practice, plus accountability and support from me through a specially set up private online group because knowing what to do is only part of the solution. Topics include: **Sugar Free, Healthy Habits, Self-care, Summer Holiday, Meal Prep, Mindful eating**

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