

CASE STUDY

Transforming Workplace Wellbeing: The Zenal Program at Haydock Finance



AT A GLANCE

Client: John Jenkins CEO

Age: 60

Focus: Employee wellbeing, stress management, resilience, and creating lasting personal development within the workplace.

Solution: Implement Zenal's holistic Wellbeing Program, including workshops and personalized 1:1 coaching, to improve employee health, productivity, and work-life balance.



The Zenal Wellbeing Program has had a really positive impact on our team. Through its holistic approach, connecting mind and body, our employees have not only received support for work-related issues but, based on their feedback, have also made lasting changes in their personal lives.

The transition from workshops to 1:1 coaching has allowed people to focus on their own personal development in a way that's uniquely tailored and thus truly transformative.

I've seen individuals becoming more confident, resilient, and balanced, and these shifts have led to improved productivity and well-being across the team.

I look forward to continuing this unique partnership.



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OBJECTIVES

John reached out to me with the aim of motivating his team at Haydock Finance. Initially, he brought me in for a motivational talk, but the impact was so profound that it evolved into a comprehensive wellbeing program. We focused on addressing key challenges such as stress, anxiety, mental resilience, exercise, nutrition, menopause, and chronic pain through engaging workshops. The goal was to inspire lasting change, not just temporary improvements, by offering personalized support and coaching to the employees who wanted deeper guidance.

SOLUTION

The Zenal Wellbeing Program began with workshops tailored to the needs of Haydock Finance's employees. These workshops covered a wide range of topics, including stress management, improving mental resilience, and optimizing exercise routines and nutrition. The program's unique approach goes beyond typical workshops by providing ongoing 1:1 coaching. This allowed for more personalized support, where employees could openly discuss their challenges and receive confidential guidance on managing work and life challenges. The Zenal approach is holistic, integrating mind-body techniques that lead to sustained positive changes in both personal and professional lives.

BENEFITS

Improved Employee Wellbeing: The program boosted energy, confidence, and productivity, with employees feeling better equipped to handle stress and seeing improvements in physical health.

Lasting Personal Development: The transition to 1:1 coaching provided lasting support, helping employees break long-standing habits and change negative narratives.

Enhanced Emotional Resilience: Zenal's coaching helped staff manage stress, anxiety, and emotional challenges, improving emotional stability.

Work-Life Balance and Relationships: Employees reported stronger family relationships due to improved balance and emotional stability at work and home.

Improved Workplace Dynamics: The holistic approach led to a more energized, confident, and collaborative workforce, boosting morale and productivity.

Ready to transform your workplace wellbeing and boost productivity? Get in touch today to learn how our personalized approach can benefit your team.

CONTACT US AT WWW.ZENVAL.LIFE