

WELLBEING EXPERIENCES

hemsleyfraser

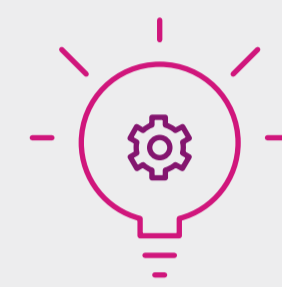
We believe that employees mental health and wellbeing is critical to building a healthy culture and a productive workforce.

This is the type of wellbeing experience HF can deliver to your organisation, either to smaller cohorts or enterprise-wide.

Access our Hub for content on:



This content is delivered in a variety of ways



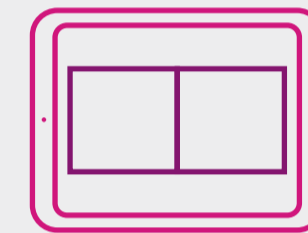
Articles



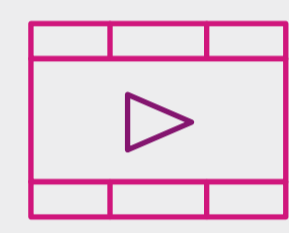
Infographics



Podcasts

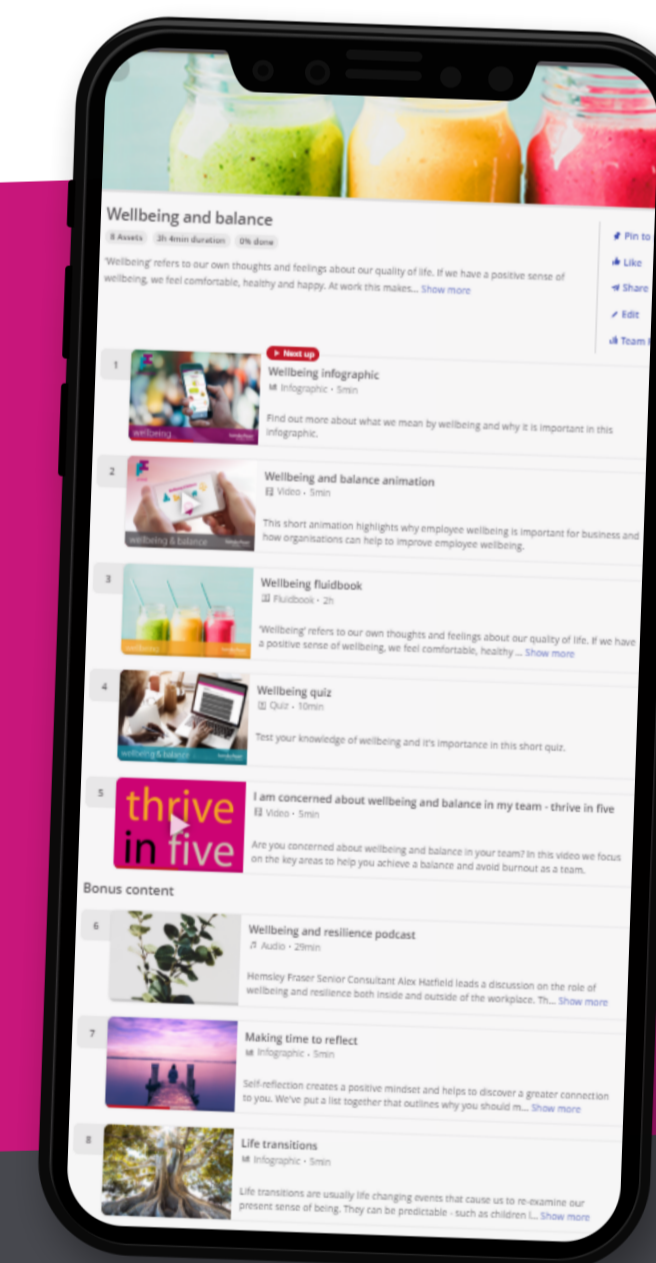


Flipbooks



Videos

To support our digital content we have a range of virtual instructor-led classes for up to 20 delegates at a time



TRY THE HUB

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We can blend these online learning services with live practice sessions delivered over a virtual platform



Meditation classes



Yoga classes



Mindfulness



Coaching/mentoring

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