

28 DAY RE-ENERGISE CHALLENGE

The Lloyd's Wellbeing Centre Challenges will run throughout the year with a seasonal theme: Spring, Summer, Autumn and Winter

A key role of the Lloyd's Wellbeing Centre is to support the wider Lloyd's community by offering initiatives to promote health and wellbeing across the marketplace.

The Lloyd's Wellbeing Centre is launching an exciting series of fun '**28 Day Re-Energise Challenge**' programmes which will run throughout the seasons: Spring, Summer, Autumn and Winter.

The Challenges will help employees thrive, both in the work place and in their personal lives. They are designed to empower, support and educate employees. The focus is on improving healthy eating and lifestyle habits to support energy levels throughout the day, build resilience to stress and improve general physical and mental wellbeing.

Marcelle Dubruel, a highly experienced transformational health coach, will be leading the RE-Energise Challenges. *You can read Marcelle's biography at the end of this document.*

Aimed at:

- Employees with an interest in improving health and wellbeing with a focus on healthier habits around food and lifestyle choices.
- All levels of employees.
- Groups of employees within your organisation.

Number of participants:

- Minimum participants per 'Re-Energise Challenge' is 15 per group.
- Maximum participants per 'Re-Energise Challenge' is 30 per group.
- Multiple groups can be run simultaneously.

Length of Re-Energise Challenge:

- 28 days.
- Pick your own start date.



Objectives:

- ✓ Promote healthy eating and healthy lifestyle habits.
- ✓ Raise the level of awareness about the links between physical and mental wellbeing and how making healthier food and lifestyle choices impacts on an individual's overall wellness.
- ✓ Motivate and empower participants to sustain commitment to healthy lifestyle choices, through simple, practical solutions.
- ✓ Demonstrate how small daily habit changes have an incremental effect on energy, mental clarity, reduced anxiety, and long-term overall wellness.

Benefits to your staff:

What's in it for them?

- ✓ Increase & sustain energy
- ✓ Shed unwanted pounds
- ✓ Build resilience to stress
- ✓ Establish healthy habits
- ✓ Improve sleep & mental clarity

Simple, sustainable solutions:

Easy to follow, with on-going support.

- ✓ 3 easy Challenge principles to follow
- ✓ Personalised support
- ✓ Encourage self-motivation and accountability
- ✓ Coach led & peer group support
- ✓ Have fun along the way in a non-judgemental space!

Cost:

- £50 to £95 + VAT per participant, depending on your employer's contribution.
- Suggest splitting the cost between the employee the company, with an incentive contribution from the company e.g. 50/50.
- By sharing the cost, you achieve commitment 'buy-in' from the participating employee through their own investment as well as being encouraged and incentivised to achieve their goals through the support of their company contribution.

Summary of key features

- 28 day fully supported programme with a flexible start date to suit your employee group.
- Customisable – can be linked in with your health and wellbeing initiatives.
- Introductory seminar by your Nutrition Health Coach.
- Nutrition Health Coach daily guidance and motivation throughout.
- 1-2-1 personal overview with Nutrition Health Coach at start and end of Challenge.
- Access to Nutrition Health Coach in the Challenge group-chat App on a daily basis, and also privately for any questions you may have.
- Personal health and wellbeing self-assessment at start and end.
- Metabolic analysis with printout of results at start and end.
- Seasonal meal plans, shopping list and local healthy eating guidance.
- Peer support and encouragement throughout the Challenge.

Full details overleaf.

28 DAY RE-ENERGISE CHALLENGE STRUCTURE

KICK START YOUR CHALLENGE

Introductory Lunchtime Talk:

- Meet your Nutrition Health Coach who will lead your Challenge.
- Your Nutritional Health Coach will explain the science and principles of the Challenge and generate interest and motivation.
- And of course, this is the time for Q&A!

Self-Assessment: *“How would I rate my energy and health right now?”*

- All participants complete a short personal self-assessment form, with a simple self-scoring system, which takes a matter of minutes to complete via a secure online system.
- It will allow participants the opportunity to self-reflect and think about aspects of their health and wellbeing, such as energy levels, resilience to stress and quality of sleep.
- The self-assessment is carried out at the start and finish of the Challenge.
- It provides participants a focus for discussion at their 1-1 personal overview with the Nutrition Health Coach.

Metabolic Analysis – Participants provided with a print-out results summary (Optional)

- Medical scales used to measure participants: Muscle and fat mass, body fat %, visceral fat, hydration, metabolic age.
- Personal reading at the beginning and end of the challenge*.
- Print-out copy of results to compare with your end reading.

1-2-1 personal overview with Nutrition Health Coach to help you get started (Optional)

- 10-15 minute 1-2-1 confidential overview with Challenge Nutrition Health Coach*.
- Review your Self-Assessment and Metabolic Analysis.
- Discuss the focus for your Challenge.

SUPPORT & GUIDANCE THROUGHOUT THE CHALLENGE

Meal Plans/Shopping List/Out and about Guidance

- Seasonal meal options including recipes and shopping list.
- All recipes are quick and easy to prepare, nutrient rich, family friendly and designed for busy lives.
- Meal options are downloadable to phone or tablet in clickable, PDF format.
- Guidance for ‘healthy choice’ eating near your workplace. Let your employees tell us what catering outlets they frequent, and the Nutrition Health Coach will provide guidance.

Nutrition Health Coach guidance

- Smartphone App to access Challenge content including daily guidance, recommendations and focus for the day from the Nutrition Health Coach.
- Message the Nutrition Health Coach privately in the App for any questions you may have.

Peer Support throughout the Challenge

- Through a closed group-chat forum, led by your Nutrition Health Coach, who will answer questions, and provide tips & motivation throughout the Challenge.
- Employees can share their experiences, get support and encourage their ‘Challenge-peers’; encourages community, team spirit and accountability.

FEELING RE-ENERGISED? WHAT'S NEXT?

At the end of the Challenge.

- Support for participants to self-reflect on the past 28 days including rating energy and health after the Challenge.
- Post Challenge Metabolic Analysis*.
- 1-2-1 personal end of Challenge overview with Nutrition Health Coach for feedback.
- Self-Assessment is repeated at the end of the Challenge providing an opportunity to reflect on achievements.

**There are a variety of options relating to the logistics of the scope of the Challenge such as carrying out the participants body composition analysis readings and optional 1-2-1 'kick start' sessions with the Lead Nutrition Health Coach (on site at your offices, at Lloyd's Wellbeing Centre, and virtually (sessions only), or a mix of all options). This will be discussed and agreed prior to the start of the Challenge.*

MEET YOUR NUTRITION HEALTH COACH MARCELLE DUBRUEL

About Marcelle:

Marcelle is a highly experienced transformational health coach and works with business men and women who want to take back control of their health, gain energy & vitality and live the life of their dreams. Great results come from the power of consistent daily habit changes and Marcelle will share simple solutions that will work around busy lives.

Marcelle graduated as a Nutritional Therapist from the College of Naturopathic Medicine in 2007 and trained as a zest4life Health Coach in 2013. She runs a busy practice in South West London and is a member of the British Association for Nutrition & Lifestyle Medicine (BANT) and the Complementary & Healthcare Council (CNHC). In her previous life, she worked in the financial services industry for over 15 years, based in Luxembourg, Santiago, Chile and London.



Recent testimonial:

Marcelle was invited to speak at Canada House as part of our new employee-driven Health and Wellness Strategy for the High Commission of Canada. With her clear, no-nonsense approach and practical suggestions about how to eat more healthily, reduce sugar and increase energy, Marcelle made a real impact on our team. She answered questions and concerns in an open, constructive and non-judgmental way that encouraged us all and prompted exploration of how we could make small changes with big impact.

For days afterwards, I came upon colleagues talking about her presentation and the changes that they were already making to improve their wellness, based on her helpful recommendations. We are very grateful to Marcelle for sharing her insights and wisdom with us and getting our health and wellness action plan off to a great start!

Sarah Fountain Smith

Deputy High Commissioner, High Commission of Canada

Canada
High Commission of Canada

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