

Mojo Workplace Wellbeing

1. What you will receive

Weekly Group Coaching

Every Thursday with flexible timing options: Planning, Wins & Wobbles, or Strategy sessions (maximum 8 participants per call)

Onboarding & Planning

60-minute session to design your 12-month wellbeing roadmap and establish clear, measurable goals

Mojo Fitness App Access

Complete platform access for your Wellbeing Champion to track activities, events, and team engagement levels



30+ Plug-In Event Guides

Ready-to-implement resources for comprehensive wellbeing campaigns including steps challenges, charity events, mental health awareness initiatives, and seasonal activities



Quarterly Progress Reviews

Structured assessments to measure engagement levels, evaluate impact, and adapt your approach to maintain high momentum throughout the year



Monthly Champion Drop-Ins

Dedicated peer group sessions providing space to share victories, discuss challenges, and generate fresh ideas with other Champions

Dedicated WhatsApp Support

Direct access to Mojo expertise during business hours (Monday–Friday, 9–5) for immediate questions, guidance, and troubleshooting support

- Quick response times
- Expert advice on demand
- Real-time problem solving



Resource Hub & Templates

Comprehensive collection including communication plans, email templates, event posters, and engagement tracking tools

Expert Content & Guest Speakers

Curated sessions covering mental health, movement, nutrition, and positive workplace culture development

Recognition & Case Studies

Opportunities to showcase your success stories in the Mojo community channels and public relations campaigns

2. Your Business Commitment

Success in workplace wellbeing requires genuine commitment and active participation. Here's what we ask from your organisation to ensure maximum impact and lasting results.

01

Nominate a Wellbeing Champion

Identify someone with genuine interest and available time to embed the programme effectively (approximately 1–2 hours per week commitment)

02

Attend the Onboarding Session

Participate fully in goal-setting discussions and establish clear success measures in partnership with Mojo and business surveying where appropriate

03

Promote Internally

Utilise Mojo's proven templates to communicate events effectively and encourage widespread team participation

04

Review & Reflect

Commit to quarterly check-in sessions to maintain programme relevance and ensure results-driven outcomes

Champion Engagement Requirements

Your Wellbeing Champion plays a crucial role in programme success. We provide comprehensive support to ensure they thrive in this position.

- **Weekly coaching call attendance** – Choose from flexible time slots
- **Monthly drop-in participation** – Connect with peer Champions
- **Internal communication leadership** – Drive engagement using our templates
- **Activity coordination** – Implement events with our step-by-step guides over a 12-month term



Hours per week
Time commitment for Champions



Support provided
Comprehensive guidance throughout

Share Results & Measure Impact

Complete mid-year and end-of-year impact surveys to demonstrate success, measure ROI, and celebrate achievements. This data helps refine your approach and showcases the programme's value to leadership.

3. Investment & Next Steps

£250/month

Flexible monthly payments

- All coaching sessions included
- Complete resource access
- App platform usage
- Ongoing expert support

£2,500/year

Save with annual payment

- Full 12-month programme
- All features and benefits
- Priority support access

What's Included in Your Investment



Expert Coaching

Weekly group sessions with experienced wellbeing professionals, plus monthly Champion drop-ins for peer support and fresh ideas



Technology Platform

Full access to the Mojo Fitness App for tracking, engagement monitoring, and seamless programme management



Complete Resource Library

30+ event guides, communication templates, tracking tools, and expert content to ensure programme success



Ongoing Support

Dedicated WhatsApp access during business hours, quarterly reviews, and continuous guidance from the Mojo team

Ready to Get Started?

Transform your workplace culture and boost employee wellbeing with our proven 12-month programme. Join hundreds of businesses already seeing remarkable results.



"Investing in workplace wellbeing isn't just about employee satisfaction – it's about creating a thriving, productive culture that drives business success. The Mojo programme provides everything you need to make lasting change."