# 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 12month 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)

03

#### **Promote Internally**

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

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

04

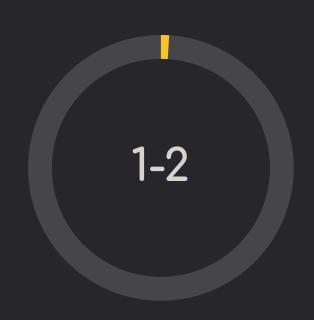
#### **Review & Reflect**

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

# 3 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."