

Mojo Workplace Wellbeing

A 12-Month Wellbeing Programme

Creating Stronger Teams, Happier Workplaces And Lasting Results.



The Challenge Your Organisation Faces

Employee wellbeing has never been more critical. Stress levels are at an all-time high, absenteeism is rising, and retaining top talent feels increasingly difficult. Many organisations want to support their teams but struggle with where to start or how to create lasting change.

Our 12-month programme provides you with a simple, structured approach to transforming your workplace culture. No complex implementations, no overwhelming commitments—just proven strategies that deliver measurable results whilst supporting your existing team.



What's Included in Your Programme



30+ Plug-In Activities

Ready-to-use event ideas, comprehensive guides, and customisable templates designed to keep your employees engaged throughout the year. From mindfulness sessions to team challenges, everything is prepared for immediate implementation.



Champion Support

Comprehensive training, resources, and ongoing coaching support specifically designed for your wellbeing lead or HR team. We'll ensure they feel confident and equipped to drive positive change across your organisation.



Mojo Fitness App Access

Track progress, celebrate wins, and build a genuine culture of wellbeing across your entire organisation. The platform makes it easy for employees to engage and stay motivated throughout their wellness journey.

Extensive Provider Network



Professional Wellbeing Support

Access our extensive network of qualified wellbeing providers who can deliver workshops, seminars, and specialised activities tailored to your organisation's needs.

From mental health awareness sessions to nutrition workshops and stress management techniques, our trusted partners bring expertise directly to your workplace, ensuring high-quality delivery every time.

Key Outcomes You'll Achieve



Reduce Stress and Absenteeism

Implement evidence-based strategies that help employees manage stress more effectively, leading to fewer sick days and a more resilient workforce.



Improve Staff Engagement and Retention

Create an environment where employees feel valued and supported, resulting in higher job satisfaction and reduced turnover rates.



Build a Culture of Wellbeing

Establish lasting practices and mindsets that prioritise mental and physical health as fundamental elements of your workplace culture.



Support Managers to Engage Meaningfully

Equip your leadership team with the tools and knowledge to have meaningful conversations about wellbeing and support their team members effectively.



The ROI of Workplace Wellbeing

Reduced Costs

Lower absenteeism rates, decreased healthcare costs, and reduced recruitment expenses from improved retention.

Increased Productivity

Engaged employees are 23% more productive and deliver higher quality work consistently.

Enhanced Reputation

Attract top talent by positioning your organisation as an employer that genuinely cares about employee wellbeing.

Simple, Transparent Pricing

£250

Per Month

Flexible monthly commitment with full access to all programme benefits

£2,500

12 Months Upfront

Save with our annual package whilst securing your complete wellbeing transformation

Both options include: Initial planning session, weekly coaching calls, complete platform access, ongoing support, and all programme materials.

Your Journey Begins Here



Book Your 15-Minute Exploration Call

Discover exactly how the Mojo programme can transform your organisation's approach to employee wellbeing. During this no-obligation conversation, we'll:

- Assess your current wellbeing challenges
- Explore how our programme fits your culture
- Answer any questions about implementation
- Discuss next steps if it feels like the right fit

[Book Your Call Now](#)

Meet Our Founder



With over **20 years of experience** across marketing communications, employee engagement, and sustainability, Caroline Hodson brings a wealth of knowledge and passion to creating positive workplace cultures.

As a consultant, Caroline works with local, regional, and international businesses to **embed meaningful engagement strategies that drive connection, boost morale, and create purpose in the workplace**. Many of these businesses have gone on to receive industry recognition for their CSR and employee wellbeing efforts.

Today, through **Mojo Workplace Wellbeing**, Caroline continues her mission:
'To empower businesses to build healthier, happier, and more motivated teams.'



Success Stories That Inspire

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"Caroline's guidance has helped transform our workplace engagement with both local and international event management. We've seen an increase in participation across all departments and offices, and her support and resources made implementation seamless."

— Nicola , Marketing Manager

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"What impressed us most was how practical everything was. The engagement activities were easy to implement, and the team felt fully supported throughout the entire journey."

— Paul, Owner

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Let's Build a Culture of Wellbeing Together

Get in Touch

Email:

community@mojofitness.online

Website:

www.mojofitness.online/workplacewellbeing

Ready to Start?

Your employees' wellbeing matters. Take the first step towards creating a happier, healthier, more productive workplace today.

[**Schedule Your Call**](#)