

zeno



Your Wellness Partner

WE ARE AWARD WINNING
WELLBEING EXPERTS





Wellness Programmes

We blend technology and transformative wellness programmes designed with behaviour change and implementation science – to create healthy organisations.

Mindset

In-person and digital seminars and workshops across all four pillars of health.

[See our full range of workshops →](#)

Specialist Speakers

Inspirational guest speakers including a range of elite sport athletes, previous England Captains and MBE holders.

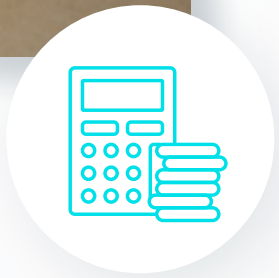
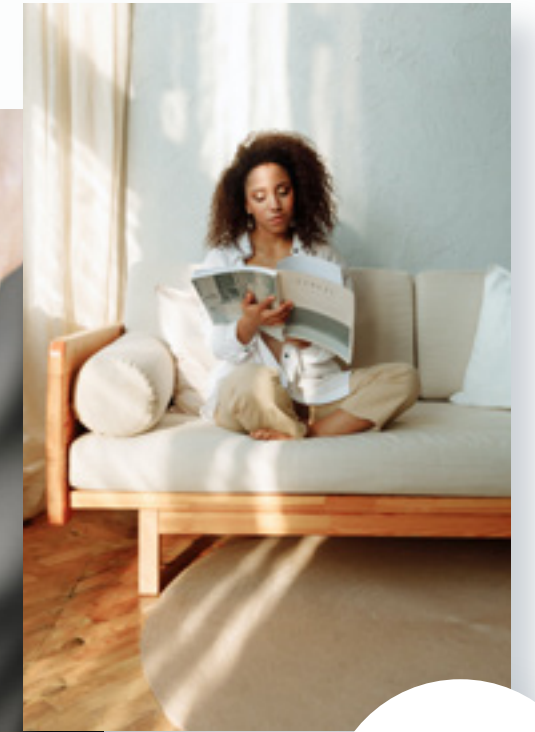
Wellbeing Education

Training and workshops:
[Wellbeing Champions](#),
[Mental Health First Aid Manager Training](#)
& [The Wellbeing Champions Network](#)

Leadership & Development

Leadership & development programmes delivered in an organisation, community or residential setting.





We're here to energise people, places and cultures.
 We're award-winning health and wellbeing experts that bring together innovative tech and wellness programmes that are backed by behaviour change science and elite sport.





Happy People. Healthy Business.

We design personalised wellbeing strategies, then work with you to deliver them throughout your entire organisation – always focusing on what matters; people.



Recruitment

Your proposition for recruitment now needs to have a compelling wellbeing offer. We help you define this.



Engagement

We help you by using wellbeing programmes to drive engagement, and keep your people energised.



Retention

We create places where people want to work. We design personalised wellbeing strategies that look after your people.



Who We Help

We're trusted by innovative organisations across all industries.

"The team at Inspired Villages have enjoyed great open and honest webinars on men's health, menopause as well as mental resilience, dealing with uncertainty, the power of breath and more. They are all very engaging, informative, and educational."

- Inspired Villages

82%

Positive impact on employee retention





How We Work

We design personalised wellbeing strategies, then work with you to deliver them through your entire organisation. We are award-winning, but what's more important to us, is helping people to be their best.

IMPLEMENTATION

Strategy

Consultancy based on behaviour change and implementation science for health strategies, including a Discovery Survey (real-time company health check) and Status Report with benchmarking.

TECH + SERVICES

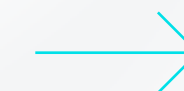
Programmes

Tech and services covering programmes to support the four pillars of health, our award-winning tech HealthNav, CPD accredited learning programmes and health assessments for your organisation.

ROI + COMMUNICATION

Engagement

Providing a dedicated client manager to support with reporting and communication, maximising engagement through tailored push-notifications, and utilising a health psychology based strategy to demonstrate ROI, trends and progress.



Engagement & ROI

We're award winning in our insights for wellbeing. Using data from our technology, we can help translate this into meaningful change, ROI evidence and business progress.

Dedicated Client Manager

Supporting with Management Information, reporting and communications. Providing trends and progress data illustrating effectiveness and return on investment.

Communication Support

Comprehensive support via tailored in-person or digital communication tools

Tailored Push Notifications

Supporting company wide initiatives and strategy with tailored content and ongoing activities.

Behaviour Change Strategy

Health Psychology & research based strategy backed by behaviour change science.





DON'T JUST TAKE OUR WORD

“The team working with us from zeno have stood out the most. It is clear that everyone in the organisation really believes in their cause, driving wellbeing across all industries and educating people at the same time. They are always willing to listen and answer any questions (in a group or privately), I know I have learned so much already and I am excited to see what our future as a partner holds!”

Charlton Morris

Wellness That Touches The Everyday

HealthNav is our very own multi-award winning tech platform that supports mental health, education, sleep, fitness, nutrition and so much more.



HEALTH NAV



GyM Hub (1) Introduction to Developing a Growth Mindset Culture

Training Course • Grow Your Mindset



Navigate Your Team's Mental Wellness

Several modules all designed to improve mental wellness.

1:1 VIDEO INTEGRATION

Available across all services with any type of health specialist

1:ALL VIDEO INTEGRATION

Available across all services with any type of health specialist

3 CONTENT LIBRARIES

- Education

MEAL PLANNING & FOOD DIARY

Connected shopping lists and supermarket purchasing via the app

CHALLENGES

Build teams with group challenges or set individual challenges & goals

CHAT FUNCTIONALITY

Connect with others instantly via the app

MY COMPANY AREA

Highligh company cultural initiatives and focusses on health

HEALTH STORE

View a range of offers and discounts from key providers





Manager Wellbeing Training

Our CPD accredited Manager training is a 1-day course which provides managers with the knowledge and practical skills to support their teams in becoming healthier, happier and more productive in times of high demand and organisational change.

COURSE CONTENT INCLUDES -

- Building Resilience
- Understanding Stress
- Introduction to Mental Health
- Role of a Manager
- Identifying the Signs
- Having Sensitive Conversations
- Signposting for Support
- Behaviour Change Coaching



CPD ACCREDITED
Our entire mindset programme
has been CPD accredited!





Manager Champions Training

Our CPD accredited Wellbeing Champions training is a 1 day course which takes a group of engaged, enthusiastic and willing to support employees to develop and support a positive culture within the organisation that contributes to improve mental, social and physical health.

COURSE CONTENT INCLUDES -

- Understanding Stress
- Introduction to Mental Health
- Identifying the Signs
- Role of a Champion
- Supporting the Programme
- Behaviour Change Coaching



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We think differently
about wellness

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