

HOW WE WORK WITH BUSINESSES

The Corporate Health and Wellbeing journey takes 10-12 weeks.
8 of which include hands-on and face-to-face implementation.
This is when the REAL magic happens!



WELLBEING STRATEGY CALL

A 30-minute conversation to explore your business' wellbeing goals. We identify current challenges, define success, and determine if Inspire Change is the right fit for your workplace.

PROPOSAL

Tailored recommendations for your team's wellbeing strategy. A detailed plan outlining services, timelines, and outcomes to support staff performance and reduce absenteeism.



ALIGN & APPROVE

Review the proposal, refine as needed, and confirm the direction. We ensure the plan aligns with your goals, operations, and budget before moving forward. An optional staff introduction can take place if desired.



STRATEGIC PLANNING SESSION

We co-create a roadmap for delivery. This session defines focus areas, timelines, KPIs, and how success will be measured across the organisation.



TEAM ONBOARDING

Official welcoming the process to your team. We introduce the program to your staff, outline what to expect, and ensure they feel informed and engaged.



NEEDS ASSESSMENT

Evaluating individual and team wellbeing. Staff complete health, lifestyle, and mindset assessments to uncover current needs and guide service delivery.



INSIGHT REPORT TO LEADERSHIP

Summarising key findings for leadership. We report back on overall team wellbeing, identifying trends and opportunities for targeted support.



INSPIRE DELIVERY

Action-driven implementation: physical, mental, and mindset support. One full day per week for 8 weeks, focused on tailored workshops, consultations, and initiatives that address core areas of staff wellbeing. The impact on staff workload will be as minimal as possible during this period.



LONG-TERM SUPPORT PLAN

One follow-up session to reinforce change and support continuity. Includes strategy refinement, accountability touchpoints, and recommendations for ongoing impact.

SUPPORT

