



UniquelyCreatedU

REVITALISING YOUR NUTRITION, HEALTH AND FITNESS

Team Transformation Journey Workshop and Assessment



www.uniquelycreatedu.co.uk

Trustfully worked with

fsb⁸ Federation of
Small Businesses



Transform Your Team's Wellbeing in Just Three Simple Steps

A structured, evidence-based journey to boost employee health, energy, and performance.

Step 1: Discovery & Assessment

Organisational Snapshot

We begin with a questionnaire to assess your current workplace wellbeing strategies, what's working, what's missing, and where we can help.

On-Site Wellbeing Workshop

- 1-hour session at your workplace
- Practical lifestyle strategies to reduce stress & fatigue
- Includes 20-min Team Wellbeing Questionnaire
- Every team member receives personal wellbeing scores via email

Data Analysis & Individual Consultations

- In-depth analysis of team wellbeing patterns
- 15-minute one-to-one consultations with each participant
- Timeline: up to 4 weeks (dependent on group size)

Organisational + Team Assessment

Admin charge: £90
Data Analysis + Consultations
10 participants: £590
Up to 15: £790
Up to 20: £990
Up to 30: £1390
30+: Contact us for a quote

FREE

Step 1 Continued: Reporting & Recommendations

45-Minute Team Presentation

- Overview of scores with clear visuals
- Key findings and challenges
- Actionable recommendations to drive performance

45-Minute Leadership Consultation

- Strategic insights for supporting your people
- Outline of future group sessions + individual support
- Custom roadmap for implementation & costings

Step 2: Implementation & Support

Tailored Proposal

Following the leadership session, we provide a personalised wellbeing plan, including:

- Feedback and check-in milestones
- Workplace-specific strategies
- Engagement & education recommendations

Ongoing Education & Support

Lunch & Learn sessions
from £35pp

1-to-1 Consultation
from £125pp

Programmes evolve based on
feedback and team needs

FREE

Step 3: Review & Long-Term Impact

Annual Team Review

Every 12 months, we'll re-assess your team's progress and update your wellbeing roadmap to ensure continued success and alignment with business goals.

This evaluation will track achievements and refine our long-term strategy to align with evolving employee wellbeing initiatives and your business objectives.

Ready to Begin?

Let's kick off your Team Transformation Journey.

Scan the QR Code to Book your next Wellbeing Workshop with Uniquely Created U



Together, we'll help you and your employees feel better, work smarter, and thrive.



UniquelyCreatedU
REVITALISING YOUR NUTRITION, HEALTH AND FITNESS

Unlock Your Team's Full Potential with Evidence-Based Wellbeing Workshops

At Uniquely Created U, we empower workplaces to thrive by delivering high-impact, science-backed workshops that align with the demands of modern professional life. Our sessions are designed to be inclusive, practical, and transformative, combining cutting-edge research with real-world application.

From boosting daily productivity and energy, to supporting mental clarity, emotional resilience, and whole-person health, these workshops offer tailored lifestyle strategies that drive meaningful change in performance and wellbeing.



Whether you're supporting a diverse workforce, building stronger leadership, or enhancing team culture, there's something here for every organisation ready to invest in their people.

Check out our Cornerstone Workshops:



1 Lifestyle Hacks: Supercharge Workplace Productivity

This workshop shares simple, evidence-based lifestyle strategies in sleep, hydration, nutrition, and movement that enhance focus, energy, and productivity throughout the workday. Learn how small daily changes can drive big professional outcomes.

2 Eat to Beat: Nutrition Strategies for a Stronger Immune System

Discover the power of food in supporting your body's natural defences. This session breaks down key nutrients, meal timing, and food combinations that strengthen the immune system and promote long-term vitality.



3 Rewiring Habits: Neuroscience Tips for Lasting Behaviour Change

Learn how to harness the brain's plasticity to break unhelpful habits and build new, healthier routines. This workshop translates cutting edge neuroscience into practical strategies for sustainable personal and professional growth.



4 Stay Energised: Managing Midday Slumps and Daytime Drowsiness

Tackle the afternoon crash with targeted lifestyle tips. This session explores nutritional choices, movement breaks, and circadian aligned habits that keep your energy and focus steady from morning to evening.

Holistic Menopause: Fuelling Your Body Through Nutrition & Movement

Designed for those navigating menopause, this workshop provides supportive strategies to manage symptoms through targeted nutrition, exercise, and lifestyle practices. It promotes strength, balance, and overall wellbeing during this life stage

5

6 Breaking the Silence: Men's Health, Nutrition & Resilience

This honest and empowering session addresses the unique health challenges men face. Through nutrition, mental wellbeing tools, and open conversation, participants will learn how to build resilience and take proactive steps toward better health.



Feed Your Mind: Nutrition for Mental Clarity & Emotional Resilience

Explore how what you eat affects how you think and feel. This workshop highlights brain-boosting nutrients, stabilising meals, and eating patterns that support focus, reduce stress, and improve emotional balance

7



8 Neurodivergent Brains, Smart Fuel: Nutrition for Focus and Flow

Tailored for neurodivergent individuals or those supporting them, this workshop focuses on how specific foods and eating patterns can help regulate energy, support focus, and manage sensory or emotional challenges.

9 The Gut-Brain Connection: Unlocking Wellbeing from the Inside Out

Dive into the fascinating link between gut health and mental wellbeing. This session explores how the microbiome influences mood, cognition, and immunity, and offers practical tips to nourish your gut for whole-body health.



Start building a healthier, more energised workplace

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Why partner with



Evidence-based strategies tailored to your team

Personalised support with measurable impact

Practical tools that reduce burnout and boost performance

A holistic approach that aligns wellbeing with business goals

Neurodiversity and inclusion aware programmes

What our clients say:



“
Good morning
Dr Nicholas,
Thank you for a great
talk on Monday at the
FSB Bootcamp. It was
very entertaining and
really inspired me to
move away from my
desk more
throughout the day.

Michelle Moss - Therapist
Brighter Skies Transformational
Therapy



“
Just a quick email to say
a huge thank you. I
really enjoyed your
session and from the
feedback yesterday
there are a lot of
positive
comments about your
talk and tips provided.
You definitely got
everyone up and more
alert and got the energy
levels back in the room
after lunch.

Lee Osbourne - Development Manager
Federation of Small Businesses (FSB)



“
I just wanted to thank
you for your
contribution to the
Bootcamp yesterday.
What a fantastic day!
You really brought the
fun, energy, and
learning for that vital
afternoon session. So
well done. All the
feedback I'm seeing
online is very, very
positive.

Dave Sharpe - Award-Winning Event Host
BBC Broadcaster & Speaker Coach

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