

zenergy wellness

Kickstart your year with focusing on what truly matters.
Align with how you want to feel.
Learn actionable steps to make it happen.

Intentional Living with Sara Jones



www.zenergywellness.co.uk

the zenergy journey



Studio . Classes . Workshops . Therapies . Retreats . Corporate





intentional living



Your energy flows, where your focus goes.

welcome to the zenergy wellness wheel

Boost your productivity and performance by prioritising wellbeing at work



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WELLNESS

www.zenergywellness.co.uk



boost your business wellbeing with zenergy

At Zenergy, we help businesses thrive by focusing on what truly matters - staff wellness.

Using our Wellness Wheel, we work with you to design bespoke workshops that boost productivity, enhance mental clarity and create a healthier, more balanced workplace.

Is your business ready to unlock its full potential?



In a thriving workplace, wellness ignites creativity and performance



seasonal intention setting



Let's focus on

Health

Score each question on a scale of 1-10. (1: Very Low, 10: Very High)

Section 1: Start Well

- How would you rate your energy levels when you wake up in the morning?
- How often do you feel motivated to start your day, with an intentional mindset?
- How well do you manage your morning routine to set a positive tone for the day?

Section 2: Think Well

- How would you rate your overall mental clarity and focus during the day?
- How often do you practice mindfulness or meditation?
- How effectively do you manage stress?

Section 3: Eat Well

- How would you rate the nutritional quality of your diet?
- How often do you eat balanced meals that include a variety of food groups?
- How satisfied are you with your eating habits?

Section 4: Move Well

- How often do you engage in physical activity each week you enjoy?
- How would you rate your overall physical fitness?
- How often do you incorporate a variety of exercises (e.g., cardio, strength training, flexibility) into your routine?

Section 5: Rest Well

- How often do you get at least 7-8 hours good quality sleep per night?
- How well do you listen to your body's need to rest?
- How would you rate your bedtime routine and ability to fall sleep?

Calculate the average score for each pillar.

Does this surprise you?

Use the results to create personalised wellness intentions and review seasonally.

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to improve your Health . Wealth . Happiness



the five principles of the zenergy wellness wheel: 1 - start well

Starting the day with intention sets the tone for success. The "Start Well" principle emphasises the importance of establishing mindful, positive routines that promote mental clarity, emotional balance, and overall well-being. For businesses, this can mean improving employee focus and reducing workplace stress.

Workshops may include:

- Morning mindfulness practices
- Goal-setting techniques and journalling for productivity
- Energy-boosting rituals & Miracle Mondays.



wellness at work isn't a perk, it's the power behind peak performance



principle 2 - eat well



Nutrition is the foundation of energy and health. "Eat Well" focuses on making informed food and lifestyle choices that fuel the body and mind.

When your staff eat well, they're better equipped to manage stress, stay alert and maintain energy levels throughout the day. Businesses can benefit from reduced absenteeism and enhanced cognitive performance.

Workshops can include:

- Group Nutrition Program
- Lunch & Learn
- The link between stress and nutrition
- One-to-one nutrition

healthy employees fuel successful businesses - wellbeing isn't an option

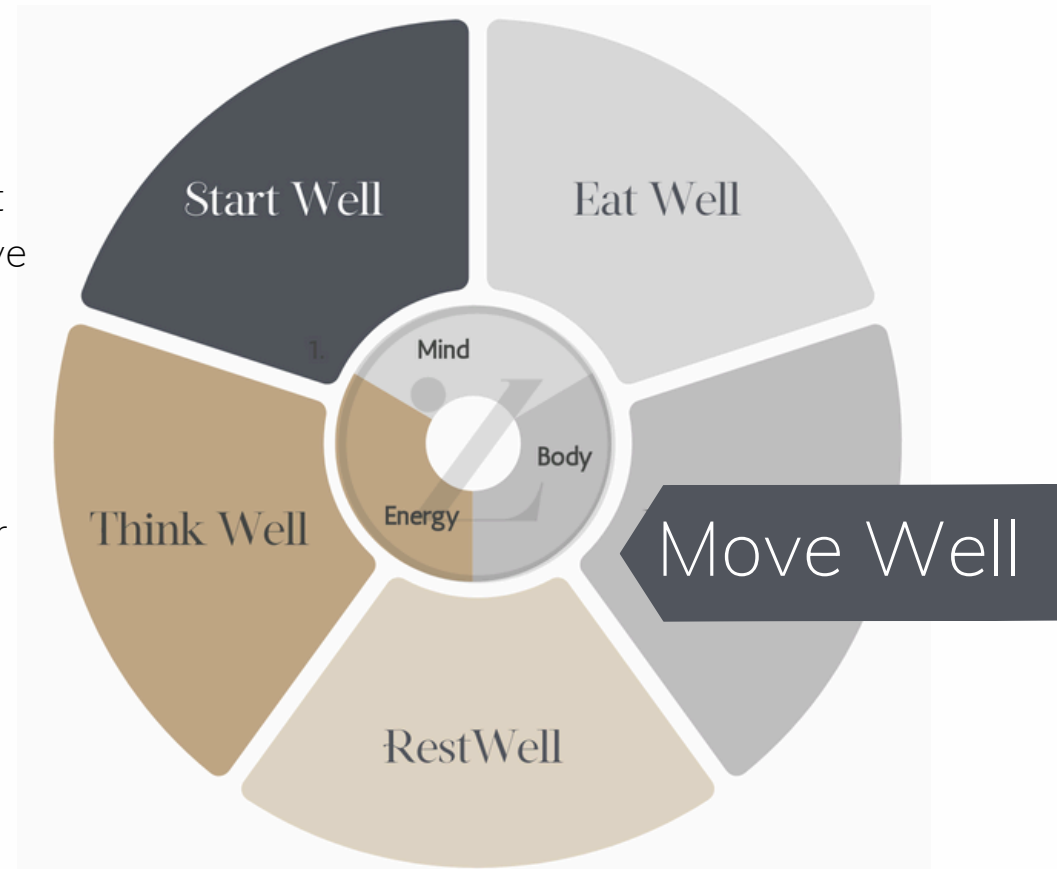


principles 3 - move well

Physical activity is essential to staying healthy, productive and resilient. "Move Well" encourages movement throughout the day to feel more energised, to improve mood, to enhance teamwork and to reduce the risk of muscle and joint pain.

Workshops can include:

- Hybrid/Working from Home Webinar (Spinal Health)
- Restorative Yoga & Pilates
- Tai Chi
- Mobility & Movement
- Physiotherapy and Rehabilitation



when wellness thrives in the workplace, so does your business



principle 4 - rest well



In today's fast-paced world, rest is often undervalued. The "Rest Well" principle focuses on the importance of quality sleep and restorative breaks to recharge both body and mind. For businesses, well-rested employees are more focused, creative, and less prone to burnout.

Workshops can include:

- Meditation
- The Men-ditation™ Mindfulness for Men
- Sound Healing
- Yoga Nidra
- Restorative / Yin Yoga
- Massage Techniques
- A Mindful Evening Routine
- Forest Bathing

happy staff drive growth—wellbeing is the key to unlocking potential

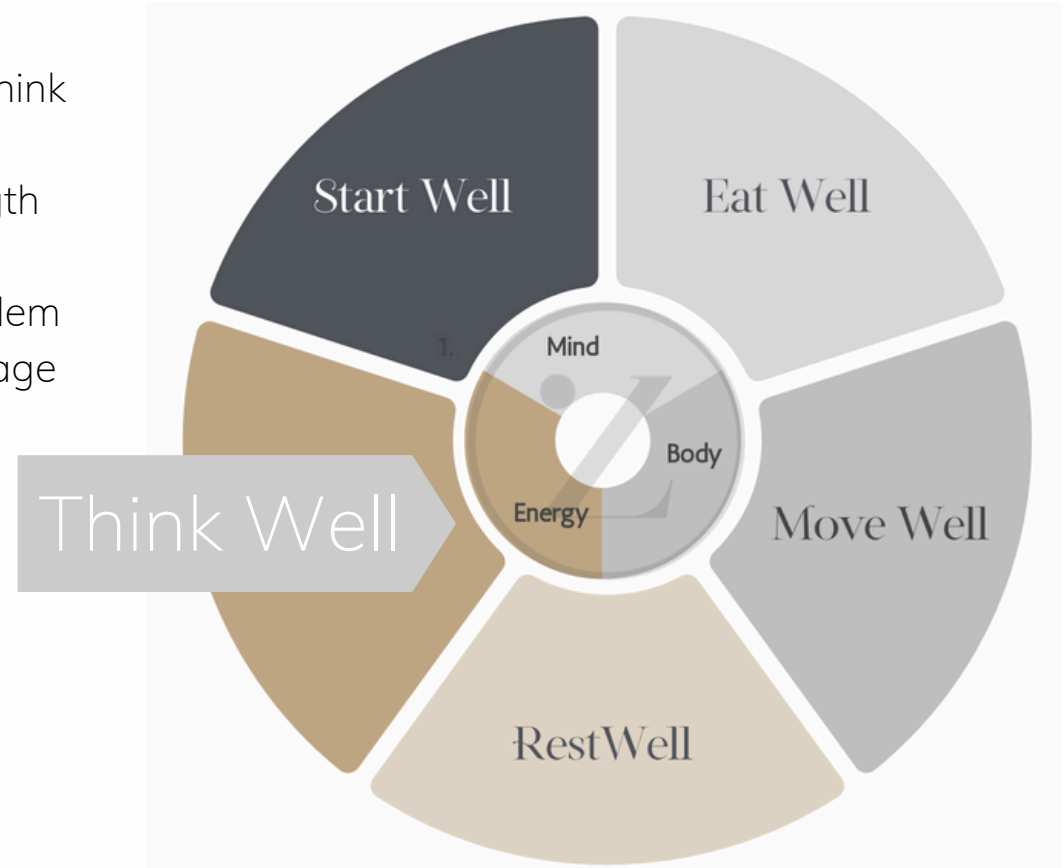


principle 5 - think well

Mental resilience is key to maintaining peak performance in the workplace. "Think Well" builds strategies to help create a positive mindset, to build mental strength and to address challenges with confidence. This will help improve problem solving, enhance creativity and encourage a supportive team culture.

Workshops can include:

- Miracle Monday Mindset
- Meditation & Mindfulness
- Exercise & Yoga
- Journalling
- Breathwork
- Crystal Healing
- Reiki



wellness creates stronger teams, sharper minds and sustainable success



aligned actions for your health, wealth, and happiness



- What's one key focus that could improve my physical, mental, emotional, or spiritual health this season?
- What small action can I take right away in February to support this focus? (Rule of 2)
- What's something about my health that I'm grateful for but often take for granted?
- How do I want to feel as I step into Spring on 22nd March?

create a seasonal intention for your wealth and happiness



unlock your full potential

Every company and team is unique, which is why Zenergy's wellness workshops are fully customisable. Whether you want to focus on one specific area of wellness or integrate multiple principles from the Wellness Wheel, we design workshops that meet the specific needs of your employees because your "Health and Happiness" is at the heart of everything we do.



tailored workshops for your business

Our workshops can be delivered as stand-alone sessions or as part of an ongoing wellness program, either on-site, on-line, at our Bromsgrove studio (in Worcestershire) or at a location of your choice.

Let us help work with your business to achieve a healthier, more productive workplace supporting staff wellbeing at every level.



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WELLNESS

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