

Discover the Welljoy Pack today

A wonderful wellbeing resource which promotes the benefits of strengths-based approaches and enhances staff wellbeing.

- Improve staff health and wellbeing
- Evidence-based top tips to improve wellbeing and promote self-care and strengths-based working
- Beautifully crafted resources and wellbeing activities to enjoy

Welljoy Pack



A little box of happiness for your workforce!

A Welljoy Pack is a gift for staff which helps foster a positive mindset, boosts resilience and guides staff teams towards better health and wellbeing.

Benefits of the Welljoy Pack

- **Encourages healthy dialogue about staff health and wellbeing**
Complement existing workplace wellbeing initiatives
- **An excellent evidence-based learning resource**
Introduce staff to the benefits of asset-based health approaches
- **Great team building activity**
A fun way to promote teamwork through group activities and reflective practice
- **Start a wellbeing social movement**
Promote wellbeing in your workplace with a Welljoy Pack

"The pressures in the health service are as great now as they've ever been, and whilst our colleagues continue to do an incredible job, they have less time for themselves. The Welljoy Pack provides some great tips and advice on physical and mental wellbeing. It's fun, but the packs carry such an important message - make time for you and for your own wellbeing!" [Colin Scales, CEO, Bridgewater Community Healthcare NHS Foundation Trust](#)



We offer discounts for high volume orders of various sizes, whether you're a small, medium or larger organisation. Contact us now to find out more:

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100% of profits generated from sales fund the work of Wellbeing Enterprises CIC, a social enterprise on a mission to help people and communities live happier, healthier and longer lives.



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