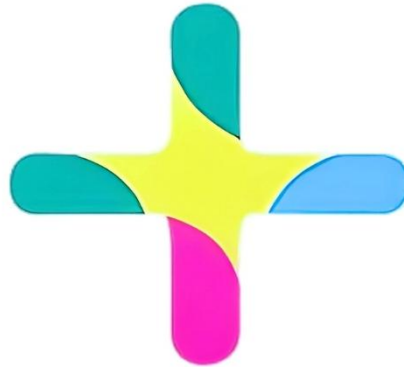


NOW EVERYBODY UNITE



NE:U
POSITIVE WELLBEING

Information Pack

*"Research shows that in 2023,
businesses spent more on coffee
supplies than staff wellbeing"*



What is NEU Wellbeing?

At NEU Wellbeing Business, we know that strong businesses are built on strong people. NEU—**Now Everybody Unite**—is here to help organisations put wellbeing at the heart of their culture, because when your people thrive, so does your business.

Our training and workshops are designed to create measurable impact across teams, tackling challenges like stress, low morale, and burnout before they damage performance and retention. We use proven, practical practices that support real change:

Trauma-informed approaches – building safer, more supportive workplaces where people feel understood, not judged.

The Solihull Approach – blending relationships, communication, and emotional wellbeing to strengthen leadership and teamwork.

Lived experience & storytelling – drawing on the voices of experts, ex-offenders, and community leaders to inspire resilience and fresh perspectives.

Six pillars of wellbeing – Mental, Emotional, Social, Physical, Creative, and Environmental Wellbeing, ensuring a holistic framework that reaches every employee.

Why does this matter?

Smart investment in wellbeing isn't a luxury; it's a business strategy with proven returns. The latest UK analysis shows poor mental health costs employers around £51bn each year – roughly £1,490 per employee (2025)

Quick example: 12month rollout for 200 staff → cost ~£55,000; conservative savings ~£258,500 (ROI ≈ 4.7×); net benefit ~£203,500 in year one.

Proven ROI: independent analysis finds ~£4.7 returned for every £1 invested in workplace mental health

Underinvestment is common: many organisations have no ringfenced wellbeing budget despite rising people costs.



How can we help?

Investing in wellbeing is not a “nice-to-have”—it’s a proven driver of business success. By equipping staff with the tools to manage pressure, build resilience, and work collaboratively, we help organisations achieve:

Reduced staff turnover and recruitment costs

Encourage higher productivity and focus

Healthier, happier workplace culture

Stronger leadership and employee trust

Our programmes are built on proven, evidence-based approaches and are always tailored to the unique culture and needs of each business. While we are not a clinical or therapeutic service, our work complements existing support by strengthening workplace wellbeing at every level.

Our promise is simple: **Positive Wellbeing for All.** With NEU, you are not just supporting your people—you are strengthening the future of your business.

Because when everybody unites, everybody wins.

How do we deliver?

This leads to less work for HR & Managers

- Staff training for cohorts of up to 20 – targeted, evidence informed sessions proven to reduce absence/presenteeism and improve performance in workers who may underperform due to low wellbeing.
- Manager empowerment – practical training so improvements stick (culture, workload, conversations, adjustments).
- Quarterly outcomes reporting – dashboards that translate wellbeing into risk, productivity and cost signals, ready for SLT/board.
- Optional add-on packages: Individual Wellness Plans, a light touch, privacy first tool managers use to monitor and support staff.



Measuring What Matters: WEMWBS at NEU Wellbeing

At NEU Wellbeing, we use the Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS) to give organisations real-time insight into staff wellbeing. It's simple, secure, and designed to track changes over time—not to diagnose.

- ✅ Staff complete WEMWBS at sign-up and at key intervals.
- ✅ Results show trends across teams and individuals (package-dependent).
- ✅ Data informs tailored wellbeing plans across our six domains (Mental, Emotional, Social, Physical, Creative, Environmental).

We translate scores into proportionate support: from light-touch check-ins to group sessions or, where needed, guided referral pathways. Frameworks like the Mental Health Continuum and Maslow's Hierarchy ensure responses are practical, safe, and human-focused.

Why it works for organisations:

- Data-led insight into workforce wellbeing.
- Early-warning signals that support retention and morale.
- Bespoke, proportionate interventions instead of one-size-fits-all.
- Clear, anonymised reporting for impact and accountability.

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WEMWBS (Warwick-Edinburgh Mental Wellbeing Scale) © University of Warwick. Used with permission under licence. All rights reserved. WEMWBS items are not reproduced here. WEMWBS is a population wellbeing measure and is **not** a diagnostic instrument. For permissions and guidance, please refer to the University of Warwick.

Ready to Take the Next Step?

Workplace wellbeing isn't just about preventing problems—it's about unlocking the full potential of your people. At NEU Wellbeing, we believe every organisation deserves a culture where staff feel valued, supported, and inspired to thrive.

Whether you're looking to boost retention, strengthen leadership, or simply create a healthier, happier team, we're here to help you make wellbeing measurable, sustainable, and impactful.

✉ **Let's talk about how NEU Wellbeing can work for your business.**

Positive Wellbeing for All starts with one decision—yours.

Because when everybody unites, everybody wins.



Feedback

"I enjoyed learning more about myself and how I can change negative pathways into positive within 30 seconds. I also liked to learn all the positive ways of dealing with my problems without resorting to negatives and causing more issues. I truly believe I have learnt a lot during this in many areas where I will put all this into practice for future references - The trainers explained really well and helped me by giving me positive feedback and helping me when needed."

"I learned many tools to add to my toolbox that will help me through my journey in life. I have never been good at expressing my feelings or emotions, but this programme really helped me start my

"We learnt a lot of positive coping strategies to handle a lot of issues in day to day life. Also I learnt how the brain works with trauma especially in younger years of life." journey."

"I enjoyed learning different skills about my personal wellbeing. I wasn't positive or happy in myself when I first started here, every session that I joined, I progressed more with positivity and controlling my emotions which is fantastic for someone like myself. I feel this has helped me to help others who may feel what I used to feel."

