

The 4 Doctors of Wellbeing

Impactful Health and
Wellbeing in the
Workplace

JTEthos

Introduction

The Covid-19 pandemic gave us all many things, it changed so much, often for ever. AT JT Ethos it gave us time to think. To think about what we were doing, what we could help people with and how could we deliver that better.

We had been helping clients on a 1:1 basis for nearly 20 years and delivering dramatic improvements in health, rehabilitation and wellness across a broad section of issues.

But with time to think we realised that our 90% success rate was built primarily on good solid basics. Accurate information, tailored to the individual and delivered in a way that meant it could be implemented.

The end result was that IT MADE A DIFFERENCE!

We built an online programme, our Rocket Fuelled Health Kick, to see if we could replicate those results to a group and deliver it remotely - and we could.

So now we have the 4 Doctors of Wellbeing Programme to bring our decades worth of experience and success - as well as the lessons learnt from the failures - into your workplace.



**“Health & wellbeing
has gotten way too
complicated and no
one approach will
engage all your staff.
The 4 Doctors
programme will
educate, motivate and
engage you workforce”**

Get the basics
right and
everything else
follows - quickly &
powerfully

Balancing your
4 doctors in
the key

*“The
average ROI
on wellbeing
is 5:1*

Deloitte

About Our 4 Doctors of Wellbeing Programme

Real health, sustainable energy and wellbeing may seem an impossible dream to many. But that is because they are putting all their efforts into too few areas - and usually the wrong ones. Hippocrates knew hundreds of years ago that balance was the key to human health and its no different today. Our 4 Doctors of Wellbeing Programme is designed to give your workforce a **sustainable uplift to their health and wellbeing** - to help them create balance.

We work with you and your employees to develop a programme that provides opportunities to experience a wide variety of approaches that can improve a person's health and wellbeing. We look to make each session engaging, a little educational and also give the participants a chance to continue outside of the session.

The first half of the programme is very much full of taster experiences and the second half is all about action, encouraging each person to commit to something and supporting them to make it happen, to make it a habit.

What's Involved

Our 4 Doctors Wellbeing programme is a fixed term programme (usually 6 or 12 months) that is tailored to fit the needs of each company usually including:

- Monthly seminars to educate and experience,
- Monthly newsletters with extra insight and links to resources,
- Opportunity for 1:1 work if required,
- Each workshop delivered by a specialist in that area,
- Halfway point brainstorm,
- Personal Action Plan delivered for each employee

The programme is delivered by a team of specialists, therapists and coaches from a range of disciplines who each have decades worth of experience.



Key Elements

“Good health IS good business.”

*Paul Drechsler,
Chairman/CEO,
Wates Group Limited*



Dr Diet. Your Diet forms the cornerstone of every cell in your body. You literally ARE what you eat. Our health & vitality is constantly under attack from the majority of the foods that we eat on a day to day basis – sugar, refined flour, processed foods, alcohol, caffeine to name but a few.

- Clear guidance good foods and bad
- Hydration strategies
- Personalised nutrition that works for you
- Good ‘Bad’ choices, real food vs fast food
- Strategies to make the changes last and fit into your normal life



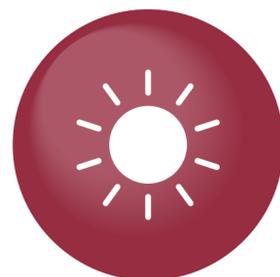
Dr Movement. Movement is life, it is vital that you move your body each and every day but also that you do something that you enjoy. Remember that your body is between 60 & 75% water and water that doesn't flow stagnates & smells. Note that it is Dr Movement not Dr Exercise.

- Understand which type of exercise is best
- Female health & wellbeing
- To Gym or not to gym
- Plan how much, how often and where
- Adapting your workspace
- Posture, Flexibility, Mobility & Strength



Dr Quiet. Rest, relaxation & rejuvenation are essential. That is not just resting the body, but the mind too. An overworked mind can totally destroy any progress that the body is trying to make.

- Is sleep important, how much do I need
- Mental health vs physical health
- Meditation, Mindfulness, Mindset
- How else can I rest up?
- What if I can't shut down my mind?
- Stress management & the impact of getting it wrong



Dr Happiness. The Boss! It doesn't matter what any of the others are trying to do if Dr Happiness isn't at the party the body is going nowhere fast. Open your eyes to things that really matter to you.

- Understand your motivations
- Team work, camaraderie & team building
- How good could life actually be if.....
- What do you really want?
- Where is the joy in my life?
- Goal setting - how to, good or bad?

Who Is It For?

Our 4 Doctors Wellbeing Programme is for any company that wants to take a tailored, pro-active approach to the Health & Wellbeing of their staff.

It is for companies that don't want a tick box exercise, that don't want to provide something that will get minimal buy-in.

It is for companies that want to make a difference and make a lasting difference to the health and wellbeing of their workforce.

Potential Workshops

Equal But Not the Same - Health & Wellbeing for Women

The Menopause - What's happening & what can I do about it?

Work-Life Balance - What does that look like and how to achieve it

Sleep Like A Baby - Top 10 tips for a good night's sleep

Goal Setting - Isn't that just for the boss?

Meditation & Mindfulness - What's that all about????

The Many Faces Stress - THE most damaging aspect of life

Diabetes - The biggest threat to our nations health

Financial Wellbeing - Understanding your relationship with money

What Should I Be Eating - Simple steps to improve your diet **How**

Do I Secure My Mental Health? - The basics, the warning signs and the action plan

Digital Wellbeing - The impact of technology on health

Other Options - Yoga, dance, walk & talk, lunchtime cook along

These are suggestions, we recommend a group brainstorm at the outset to determine the most interesting topics for your workforce

Chief Health & Wellbeing Adviser

Jim Thorp is the Founder and chief brain box at JT Ethos. He is a former professional rugby player who, like many, was forced to retire when his body gave up on him. 4 shoulder reconstructions, 1 neck surgery, countless back injuries, numerous shoulder dislocations, a few broken bones and a barrel shaped body that topped out at over 19 stone was what he was left with after forced retirement in 2005.

Plus a boatload of awesome memories and the knowledge that he'd do it all over again in a heartbeat if he had the chance.

Since then Jim has spent his time becoming a master at re-establishing health, repairing injuries and helping clients get the body they want and a body that will let them live the life they want to live. He started with himself and applied it to others.

He has become known as the go-to man for people who think they have tried everything and though he is based in Sutton Coldfield in Birmingham he has clients travelling from as far away as Manchester, Derby & Guilford as well as international clients he consults with remotely.



“Our people are our greatest asset, and we recognize that a healthy, happy and committed workforce is vital to our business success.”

*Alex Gourlay,
MD, Boots UK*

Contact us today.

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