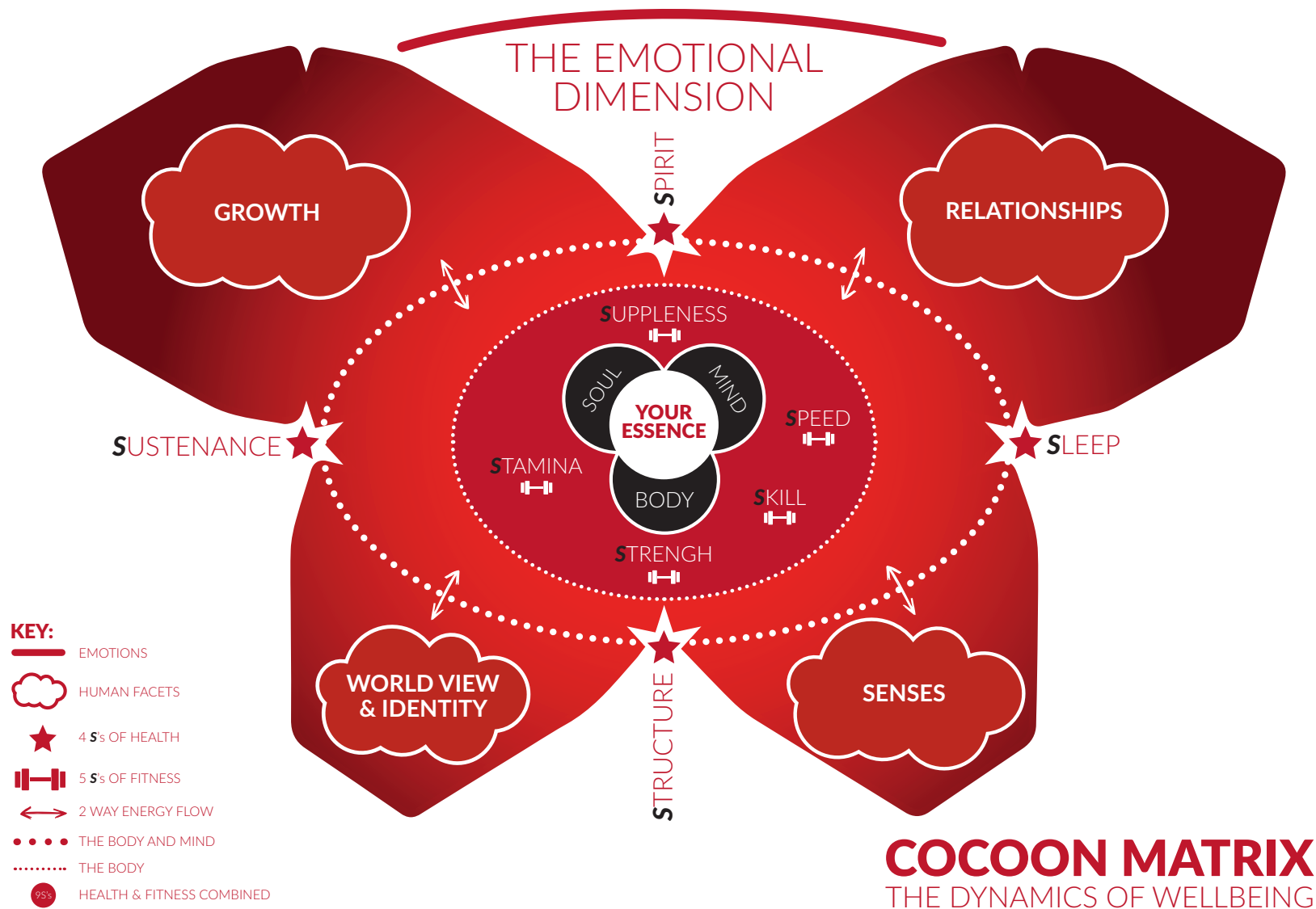




The Complete Wellness Strategy -
Improve Physical & Mental Health In Your Workforce

www.cocoonhub.com

To create a complete and effective wellness strategy that can be implemented remotely with minimal cost but maximal impact. Together we will disrupt old behaviours, create positive habits and improve both physical and mental health amongst your workforce.



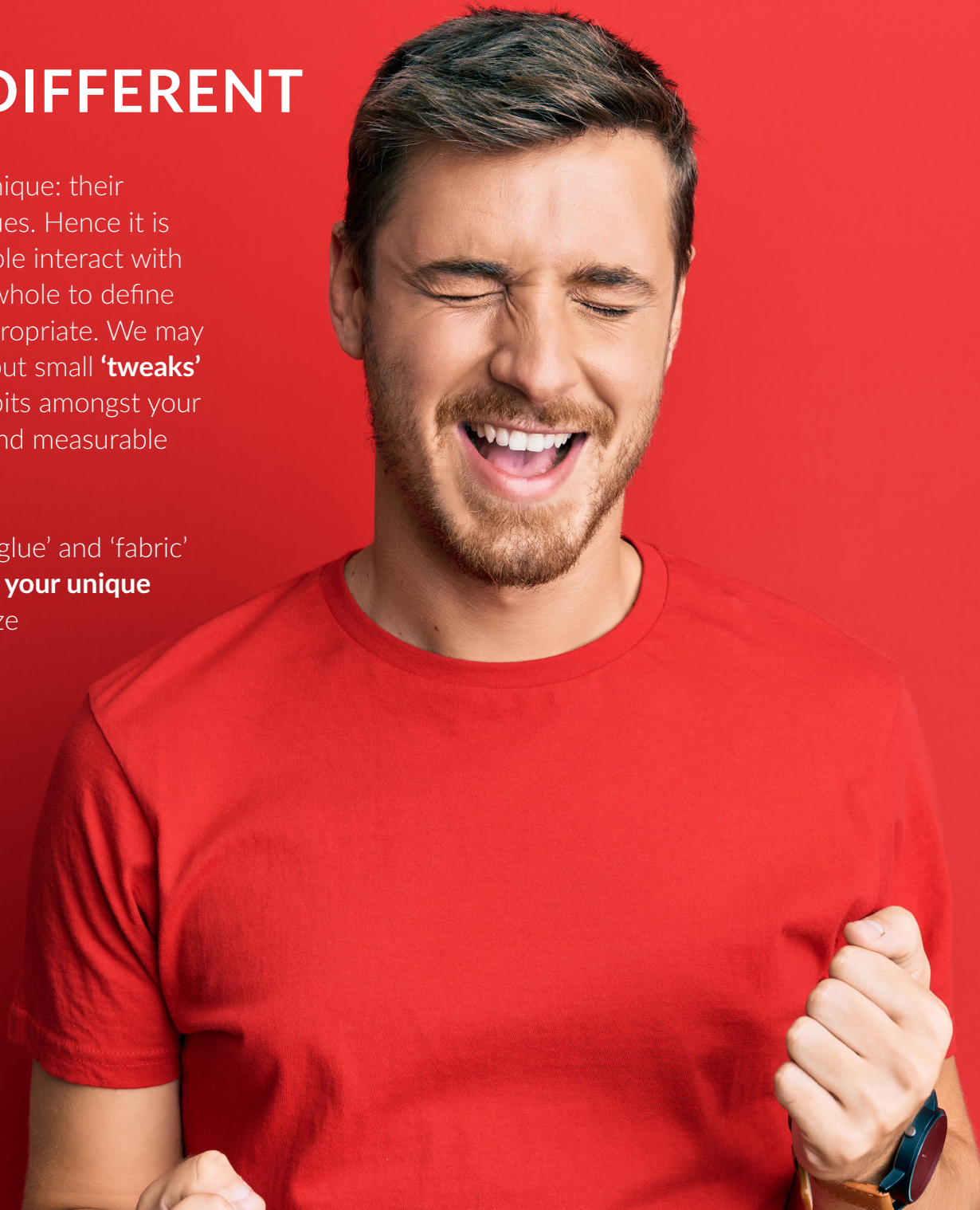
As a business we began our journey in the fields of physical health and fitness and how this can enhance business performance; we have expanded our expertise to look at the wider health picture including sleep patterns, eating strategies and mental health. This allows you to look confidently at the growth of your business, armed with a skilled, motivated and resilient workforce.

We understand that health is multifactorial - our approach and model address many important aspects of how we can change through actions and thoughts to improve our health. This is a dynamic process and requires continued work, adjustment and adaptation as we move through our lives. Our unique 9S philosophy of Health and Fitness gives us a working framework to predict potential issues before they arise and highlight areas for improvement.



WHY WE ARE DIFFERENT

- Every individual and company is unique: their identity, their culture and their values. Hence it is important to understand how people interact with each other and the company as a whole to define what levels of intervention are appropriate. We may seem peripheral to your business but small **'tweaks'** and **'nudges'** towards healthier habits amongst your people will create lasting change and measurable improvements in your business.
- We endeavour to understand the 'glue' and 'fabric' of your organization. **We adapt to your unique company philosophy** and customize initiatives that will have maximum adherence and impact.
- Experience has shown **we consistently engage a high percentage of the workforce** because our initiatives are subtle, non- intrusive, practical, time efficient and fun!



WHAT COCOON HEALTH CAN DO FOR YOU

In the post - covid landscape health needs to be a high priority if you are to optimize and protect your business.

We define Health as 'a state of being free from illness or injury'. We will enhance the health of each individual and your company as a whole. We look at your workforce in terms of 'mind, body and soul' because these fundamentals profoundly affect performance.

Cocoon Health is committed to helping you deliver the values you uphold in your business. A structured Wellbeing programme, bespoke to your employee needs will create a more productive culture, and pro-active employees. The key virtues for your business will likely include transparency, integrity and accountability; we can help uphold and promote these virtues through our initiatives and implementations. Loyal and motivated employees work harder and smarter, take less and give more, create opportunities, and help growth. In short if you give, you get back and our clients understand this intrinsically. If your business can promote 'health' and 'wealth', you become a shining example thus attracting and retaining the best talent.



TEAM AND SERVICES

We have adapted our key offerings to our rapidly changing work environments with the sole aim of enhancing the health of your workforce and your business.

1-1 coaching and training: *We have introduced remote and virtual coaching, including:*

- Nutrition coaching
- Mental Health coaching and First Aid
- Performance coaching
- Strength and conditioning training

Group training: *The design and integration of bespoke group sessions, ranging from 5- 100 people, for your business based on your needs.*

- High Intensity Training (HIT) : We offer a range of circuit training options and bodyweight routines conducted in a manner to raise heart rate and work your full body musculature.
- Low Intensity Training (LIT) : We offer Yoga, Pilates , Calisthenics and meditation classes as well as bespoke classes for rehabilitation and postural correction.
- Audio coaching: a group session with all participants doing an outside activity with specific goals and challenges.

Wellbeing initiatives: We have successfully implemented a range of initiatives including RunReady, JustMove, CoreCare, BodyfatBlitz and FamilyFit. This can be company wide, team targeted or management specific. They range in length from 3- 12 months and can be tailored specifically to your needs and requirements. Our initiatives have been particularly impactful during the pandemic where WFH has been prevalent. Our long term surveys, (post-initiative) have clearly shown a change in individual habits which

has lead to a healthier company culture. More details of our Wellness packages can be found on page 9.

Biometric feedback: We work with the leading technology providers in biometric analysis to give real-time accurate data to look at how individuals are functioning on a physiological level (including stress response, sleep and recovery) and to corroborate the impact of our programmes.

Cocoon Lab: This is the experimental arm of the business where we will put together unique concepts then test and match with the appropriate clients. A full report is then created and sent for validation and if successful replicated in other businesses.

OUR TEAM

Our Coaches, Trainers and Clinicians have worked at the cutting edge of health, fitness and wellbeing for the last 20 years. Their specialisms include physiology, nutrition, injury and pain management, mental performance and meditation. We hand-pick our team with a proven track record of success who want to take their career in a new direction and work with some of the highest profile clients in the world. Connectivity and positive influence are two of the key traits we seek – powerful connections with people and the positive impact they leave behind. Our extensive education and training programmes ensures that our people are at the pinnacle of their profession and you, our clients, are the beneficiary.

YOUR KEY TO SUCCESS

Our Strategy and process

Phase 1: Survey and presentation

- We will work closely with you HR teams to deliver a highly engaging survey to your staff and present the most appropriate actions for maximum impact across your business.
- The survey results build an accurate picture of behaviours and habits and so we can assess each individuals overall health and performance.
- The launch presentation will last 30 mins and cover the key aspects of the initiative and can be recorded as well as delivered live to all enrolled individuals and teams.

Phase 2: Implementation

- Perform 1-1 sessions with each enrolled staff member to take measurements and give bespoke advice and action plans.
- Create a platform for effective group communications using WhatsApp or similar platform.
- Insure all individuals have an account with our digital partner to monitor biometric data for easy reference and analysis by the group coach.
- Perform monthly 1-1 CheckINs with all enrolled staff to make adjustments, answer questions and solve any problems.

Phase 3: Feedback and analysis

- Use a detailed post initiative Questionnaire to assess the key subjective outcomes.
- Perform a final 1-1 virtually or in-person where possible to measure physiological variables such as weight, body fat % and Blood pressure.

- Integrate digital data (HRV, sleep, BMR) to gain a greater understanding of the initiative across each individual.
- Assess engagement and adherence rates from start to finish and rationalize.
- Gain an understanding of individualized perceptions, effects and learnings from the experience.
- Match work specific data on absenteeism, productivity, work satisfaction and any other key metrics for all participants against corresponding data obtained from the initiative (such as training adherence, checkIN rate, completion of final task).

Phase 4: Long term strategy and future vision

- Based on all the subjective and objective findings, create an effective wellness strategy for your business going forward after the completion of the first initiative.
- This can be based on our package options or the creation of a bespoke solution from our service menu (page 9).
- The strategy can be reviewed at regular time points (monthly or quarterly is recommended) and adjustments made to match your requirements.

Next Steps:

- We are experts at what we do, so lets schedule a no obligation discussion about how we can make your staff and your business healthier from grass roots up to senior management.
- Even if there is no perceived problem or issue- a constructive, health boosting action plan will improve all of your business metrics.
- Simply email or call us and we will schedule a meeting to discuss your specific needs in more detail.

'Cocoon Health has provided our company with expert knowledge and individual recommendations for the last 20 years. The wellbeing of our employees is important to us, and Cocoon Health has played a large part in this. We would highly recommend their services.'

Paula Hulks | Operations Director
ACI Worldwide

"Cocoon Health has helped me achieve my physical goals whilst balancing the demands of running a business. We have used Cocoon Health principles and practices to help our workforce and business achieve better health. I could not recommend them more!"

Andrew Ross | CEO
Cazenvove Capital



"I would recommend Cocoon Health to anyone who is serious about achieving their goals no matter how outlandish. It has been 'at my service' since leaving life as a full time athlete."

Mark Hunter MBE
Olympic Gold Medalist

"Cocoon Health has given my training a new lease of life. I have been able to focus and achieve more than ever before, even whilst juggling my work life as a busy lawyer. You'll never go back to 'normal training'!"

Ruth Goldman | Partner
Linklaters

PRICE LIST 2021

Professional Services Menu

SERVICE	Duration	Capacity / persons	Price
CLASSES/GROUP (Virtual)			
Audio Coaching	45	50	£90
LIT (Low Intensity)	45	50	£90
HIT (High Intensity)	45	50	£90
TAILORED WORKSHOPS (Virtual)			
Nutrition for performance	60	40	£250
Mental Health First Aid	90	40	£350
Boosting immunity	60	40	£250
Managing stress and resilience	60	40	£300
Mindfulness and meditation	60	40	£350
1-1 SERVICES (Virtual or Physical)			
Physiotherapy	60	1	£100
Massage	45	1	£85
Desk massage	10	1	£20
Ergonomic assessments	20	1	£60
Meditation	45	1	£90
Physiological assessments	30	1	£75
Performance coaching	60	1	£100
FULL and ½ Day			
Full day	9 hours	varied	£750
½ day	4.5 hours	varied	£400

Wellness Package Menu*

SERVICE/ Benefit	Class only package	Butterfly Package
Design and implementation of initiative	✓	✓
Nutritional coaching		✓
Structured health and fitness plan		✓
Unlimited alterations to your bespoke plan		✓
Daily accountability		✓
Monthly 1-1 performance session with coach (in-person or virtual)		✓
Design, organization and execution of a virtual event		✓
Personal 24/7 digital health and HRV tracking (if registered)		✓
Weekly Virtual class (Additional Classes @ £90 per class)	✓	✓
Group health metrics: detailed analysis		✓
COST per month	from £350	from £699
Minimum number of people	5	3
Maximum Number of people	500	100

* Bespoke packages are available.

To make a booking please get in touch

E: info@cocoonhub.com **W:** www.cocoonhub.com **T:** 0203 5906976



E: info@cocoonhub.com **W:** www.cocoonhub.com **T:** 0203 5906976

A: 22-25 Finsbury Square, Finsbury, London EC2A 1DX