

An Inmarsat Case Study by The Wellness Project

Adapting Support for Employees during COVID-19



Jo

Franco-Wheeler

Director of Organisational
Development and Diversity

Problem.

We realised in March 2020 at the start of the COVID-19 pandemic that our employees would need a different kind of support.

They were adjusting to remote working and we wanted to give them some coping strategies in case they struggled with lack of routine, anxiety and social isolation. We wanted to provide a supportive wellbeing programme and so started a conversation with Natasha from The Wellness Project.





Natasha Wellfare
 Founder of The Wellness Project

Plan.

Jo and I decided that movement would be key in this mental health plan. People were suffering with various levels of stress and anxiety and so we scheduled therapeutic yoga and mindfulness classes for the duration of the lockdown period.

We wanted to give employees a way to come together and learn self-care strategies (such as breathing techniques) that they could then use on their own. We also agreed to do the following:

- ✓ Run test sessions and get feedback
- ✓ Offer the programme live on Webex in order that our employees could feel connected to their business community
- ✓ Make the classes jargon free and accessible for all ages and levels of experience



Results.



Strong international attendance



Average employee feedback 4.6/5



Requests to continue the programme



This was great, a perfect way to wake up and get setup for the day. Thank you.

Feedback from Inmarsat L&D

"We are so happy to have found The Wellness Project. The yoga and mindfulness sessions have helped many of our colleagues improve both their physical & mental well-being throughout this difficult situation we are all facing! Each of Natasha's sessions have been calming, relaxing and enjoyable. Natasha always makes each session accessible for all whether you are a beginner or not."

Bethany Freeman
 Learning & Development Coordinator

Book a trial

To find out more about our corporate wellbeing packages just get in touch. We believe in testing out new ideas and would be happy schedule a trial class for your employees.

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