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WELLNERGY

2025 TEAM DAY DECK



About Us

Wellnergy was founded with the **mission of redefining wellness**, by making the focus about **mindset and mental fitness** in a **fun and accessible format** in order to make people feel **elevated, connected and inspired**.



Health Optimisation



Fitness



Music



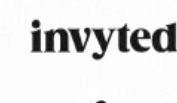
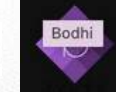
Mindfulness



Nutrition

This is guided by **the Wellnergy 5 pillars** and actioned by creating both **a community connection and individual wholesome experience** that focuses on **personal growth** by developing the mind, body and soul for a more **fulfilling and balanced life**.

Brand Partners 2024



Headline Sponsor

This year, Wellnergy is proudly partnered with YuLife, an insurance and employee benefits company that's reimagining the role of wellness at work. YuLife brings joy and purpose to the traditionally rigid world of insurance, empowering people to lead healthier, more fulfilled lives.

YuLife's innovative approach combines cutting-edge technology with a holistic focus on mental, physical, social and financial wellbeing. Through this partnership with Wellnergy, YuLife amplifies its mission of transforming workplaces by inspiring companies and individuals to prioritise everyday wellness.





Make a Difference

Invest in your team's wellbeing and reap the rewards.

- Stronger, more sustainable teams
- Increased productivity
- Reduced absenteeism
- Improved employee retention
- Build a positive work culture

Connect with 3,000 professionals and develop a tailored plan to improve employee health, happiness and longevity.



WHAT BUSINESSES ARE FACING

- Poor mental health costs UK business over £51 billion per year
- Over 23.3 million sick days are related to stress and burnout



WHAT STAFF ARE FACING

- 51% of long term sick leave is due to stress, anxiety or depression
- Over 750k workers in the UK suffered from work-related stress, depression, or anxiety last year



COMPANIES INVESTING IN TEAMS

- 86% of staff are more likely to quit a job that lacks wellbeing support
- Research proves every £1 invested in employee mental health returns nearly £4.70 in productivity

Wellnergy for the Workforce

What to expect?

Expertly curated classes, workshops and talks

- 75+ Experts & professionals
- 10+ Stages
- Five immersive zones packed with activities around mindfulness, fitness, nutrition, music and health optimisation
- Exclusive Workforce Hub Zone featuring experts dedicated to improving the workplace
- Delicious food and drink, including vegan, vegetarian and meat options
- A retail village, creative spaces and chill-out zone to relax and unwind
- A safe and inclusive space welcoming visitors of all ages and backgrounds



Who is there?


3,000 Business professionals

- Whole teams to founders
- From C-suite to new starters
- From people teams to learning and development teams
- Wellness *champions* to wellness *curious*



2025 Themes and Classes

- ✓ Mental health first aid certification taster session
- ✓ Resilience, sleep and stress management
- ✓ Productivity & time management
- ✓ Mindfulness for business professionals
- ✓ Nutrition for peak performance
- ✓ Team building with physical activity
- ✓ Burnout prevention and recovery
- ✓ Emotional intelligence training
- ✓ Corporate wellness strategy consultation
- ✓ Health optimisation
- ✓ Mindfulness practices & classes

- ✓ Pitch skills - confidence building
 - ✓ Shattering stigma - supporting sobriety and recovery
 - ✓ Healthy hustle - work-life balance
 - ✓ Anti-desk movements
 - ✓ HIIT sessions
 - ✓ Cold water therapy
 - ✓ EDI (EDI doesn't have to be a minefield)
 - ✓ Combatting toxic behaviour
 - ✓ Menopause awareness
 - ✓ Mental health awareness and stigma reduction
 - ✓ + much more!
- 

Announced Wellnergy Guest Speakers



BIANCA ERRIGO

Health tech founder, global speaker and recognised thought leader in workplace wellbeing.



MARK WHITTLE

Keynote speaker, master performance & life coach to founders & elite athletes.



MAYA RAICHOORA

Bestselling author and one of the UK's leading mental fitness & visualisation experts.

Poor Mental Health Costs UK Employers £51 Billion a Year

How your staff will benefit:

Mental Health First Aid Training

- Equip your teams to support colleagues facing mental health challenges.

Resilience & Stress Management

- Provide your teams with tangible resources to reduce burnout, improve focus and boost morale.

Time Management Masterclass

- Increase productivity and work-life balance with tips and tools from leading experts in wellness.

Nutrition for Peak Performance

- Hear from nutritionists and live chef demos on improving energy levels, focus and cognitive function.

Fun and Engaging Team Building

- Strengthen bonds, increase collaboration and wellbeing via our interactive fitness classes.

Burnout Prevention & Recovery

- Reduce turnover and improve employee satisfaction.

And so much more....





Attendee Feedback



CyberSmart

Alex Valle - Cybersmart

"This year we rewarded our staff with tickets to the Wellnergy Festival at Wimbledon Park after a busy year of trading."

"Our experience was undeniably inspiring and it was incredible to have learned so many things that have filtered back into our working and family lives."

"An experience that we will never forget and we are now making Wellnergy an annual visit."



Production

Production

Talks and Workshops

WC

Food

BAR

MAIN STAGE

Seating Area

Workforce Hub
FRIDAY

Nutritious Minds
SATURDAY

OM &
BASS

Retail
Village

Brand
Activations

WC

Nutrition
Zone

Fitness
Zone

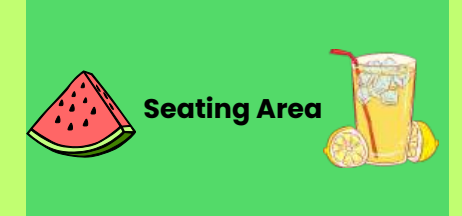
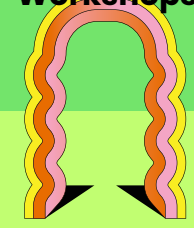
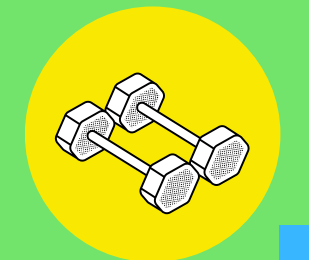
Health Opt
Zone

Midfulness
Zone

Spiritual
Village

MERCH

Brand
Activations



TICKETS ON SALE NOW

- Tickets from £99+VAT
- Group discount bookings available
- Concessions & charity discount available
- Affiliate referral scheme available

CONTACT

For group discount tickets and for all other Team Day enquiries please contact:

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**THANK
YOU!**