



 **EQUALISE.**

Rebalancing The Health Of
Your Workforce

Powered By



THE PROBLEM

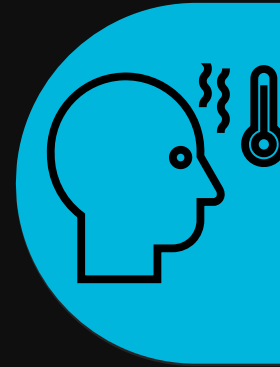
The Workplace Wellbeing Gap



Rising stress, burnout, and disengagement across industries..



Falling physical activity, energy, and focus levels.



Absenteeism now costs UK employers over £50 billion per year.*

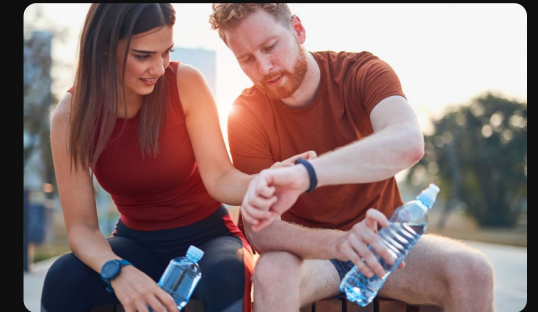
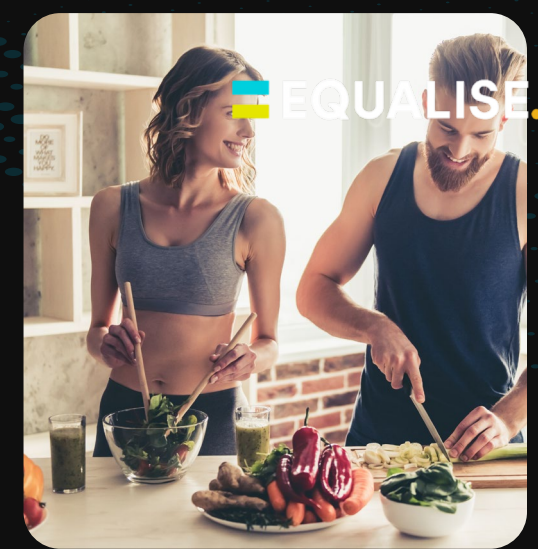
BALANCE = DECLINING | ENERGY = FALLING | PERFORMANCE = LOST

THE SOLUTION

Equalise Brings Elite Performance to the Workplace

- Expert health, fitness, and wellbeing assessments for every employee.
- On-site or digital coaching to boost energy, resilience, and focus.
- Actionable data dashboards for HR and leadership to track progress.
- Inclusive programmes that reach every department and role.
- Proven methods drawn from elite sport and adapted for business.
- Engaging campaigns and challenges that build stronger team culture.
- Continuous feedback loops to refine support and measure long-term impact.

Equalise transforms workplace health into measurable performance.



TRACK RECORD

Trusted to Deliver at Every Level



Delivered measurable results: over 20,000 people tested, coached, and profiled since 2018.



Trusted by leading organizations: RFU, WRU, Oxford University, and more.



Applied our expertise beyond sport: from schools and academies to professional teams and business leaders.



Proven infrastructure: the same tech, data systems, and coaching network that support elite athletes.



Ready to bring elite-level science and structure into the modern workplace.



Created stories that inspire – from grassroots pupils to future professionals.



HOW IT WORKS

Journey from first assessment to lasting change

GOAL SETTING

Employees set personal and team wellbeing goals. Managers receive group insights to align targets with company objectives.

PROGRESS TRACKING

Regular pulse checks monitor physical and mental wellbeing. HR and leaders access live dashboards to visualise participation and results.

CONTINUOUS DEVELOPMENT

The program evolves, integrating feedback and new data. Long-term support builds lasting health, culture, and performance gains

01

INITIAL HEALTH CHECK

Baseline data captured for each employee using digital or on-site assessments. Includes health, lifestyle, stress, and energy metrics.

02

03

PROGRAM LAUNCH

Weekly or monthly coaching sessions begin – combining movement, education, and mindset training. Gamified challenges drive engagement across departments.

04

05

PERFORMANCE REVIEWS

Quarterly health reports summarise progress and impact. Recognition tools celebrate high engagement and improvement.

06

OUR RESULTS

A Three Layer Impact

THE CHERRY

Performance & Retention



- Healthier employees deliver measurable productivity gains.
- Reduced absenteeism and higher energy at work.
- Tangible return on wellbeing investment through improved retention and reduced turnover.

THE ICING

Engagement & Education



- Inspires teams through practical wellbeing education and challenges.
- Improves collaboration, focus, and overall morale.
- Creates stronger bonds and a culture of shared accountability.

THE CAKE

Healthy Teams for All



- A safe, inclusive programme supporting every employee.
- Builds daily habits that improve physical and mental health.
- Accessible to all roles, fitness levels, and locations.

YOUR RETURN ON IMPACT

Delivering measurable business outcomes with visible impact

PEOPLE & PERFORMANCE

25–35 % reduction in absenteeism
20 % increase in employee engagement
Improved productivity equal to £1,200–
£1,800 per employee per year.

CSR / ESG IMPACT

Contributes to ESG goals.
Transparent data reporting
Enhances talent attraction.
Opportunities to link with
Equalise Schools for external
community impact.



HEALTH & WELLBEING ROI

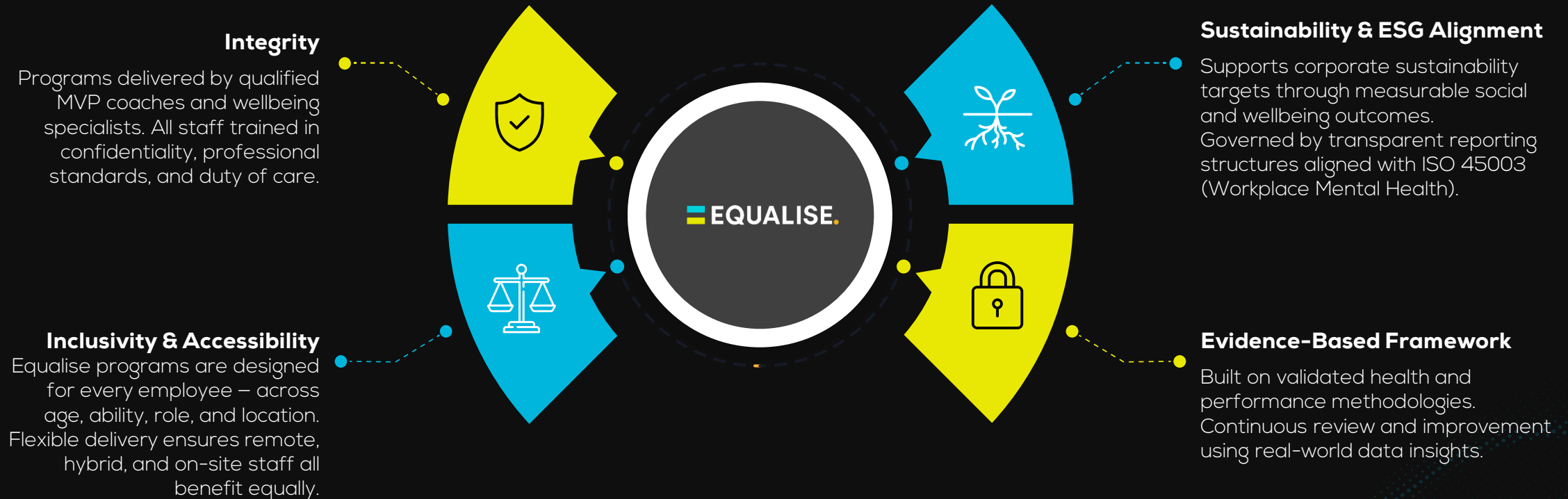
Average £5–£7 return for every
£1 invested in wellbeing
programs (Deloitte 2023).
Decreased stress-related leave
by up to 40 %.
3× greater staff retention
Stronger brand reputation for
health and care credentials.

“Equalise helps organisations create healthier, more productive teams – proving that wellbeing drives real business performance.”

CONFIDENCE TO INVEST



Every safeguard in place so your investment is safe, responsible, and impactful.



IMPACT & REPORTS FOR BUSINESS HEALTH

Your workforce wellbeing, tracked and reported in real time



DELIVERABLES

- Executive Wellbeing Dashboard
- Employee Health Reports (individual and team level)
- Engagement & Participation Analytics
- Case Studies and Internal Success Stories



KEY METRICS WE TRACK

- Absence & Presenteeism
- Engagement & Morale Scores
- Energy & Stress Levels
- Participation & Challenge Uptake
- Retention & Performance Trends



THE ASK – INVESTMENT & IMPACT

Your investment transforms lives and creates measurable impact.

EQUALISE START

£950 + VAT
Per Employee

Starter kit

Tri-annual follow-up



Tri-annually

Logo, social media, brand visibility



EQUALISE ASPIRE

£15,500 + VAT
Per School

Intermediate pack

Expert lead 3 sessions/week



Quarterly

Case study, local media, co-branded materials



EQUALISE PERFORM

£24,500 + VAT
Per School

Advanced pack

Expert lead 6 sessions/week



Enhanced quarterly

Named program, employee storytelling, pro video content



EQUALISE SHAPE

**B
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Health & Wellbeing Audit

Collaborative delivery
With S&C and PE staff

Centralised
Training programs

Comprehensive health
& fitness assessments

Employee
Volunteer opportunities

Reports

PR

Branded training
Kit for students

Fireside chat or
Ambassador events

Ambassador pathway

A SCALABLE FRAMEWORK FOR THE FUTURE



Health, Fitness & Sport Is Just The Start

Active

Health, fitness, sport, performance, and physical literacy.

Creativity

Music, arts, self-expression, and confidence.



Future

STEM, coding, entrepreneurship, & digital skills.

Community

Inclusion, sustainability, and civic engagement.

HEALTHY TEAMS = STRONGER BUSINESS



Elite level support to improve your workforces' health and wellbeing

Rising burnout and absenteeism are costing businesses millions. Equalise brings performance science from our background in elite sport into the workplace. It provides measurable impact, better health, focus and engagement. No fluff just results.

"When employees feel better, they perform better..."

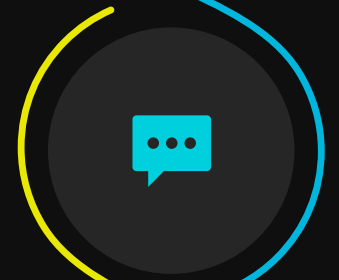
HEALTH ASSESSMENTS

Measuring and reporting key health metrics for energy and wellbeing



EXPERT SUPPORT

Qualified professionals provide targeted fitness, mindset and nutrition advice.



GAMIFIED ENGAGEMENT

Team challenges and wellbeing leaderboards creates a buzz



TOGETHER... WE CAN PIONEER CHANGE


Join us as a Founding Partner and help launch Equalise across the UK and beyond.


Your support transforms health, confidence, and opportunity for thousands of young people globally

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