

CASE STUDY - Boost Wellbeing

Boosting business wellbeing and resilience



KEY POINTS

Support Received

- Webinar support
- Adviser support
- Access to finance

Outcome

- Upskilling the business
- Support through Covid-19 Pandemic

Founded in Nottingham in 2004, Boost Wellbeing delivers workplace health & wellbeing that helps you create that atmosphere and keeps your workforce on top of their game. The business works to reduce stress, reduce sickness absence and increase the feel-good factor for the entire office by providing wellbeing services such as onsite seated chair massage, fitness classes, workplace nutrition workshops, Resilience, Mindfulness, relaxation training and health awareness days.

Boost wellbeing were looking for impartial and trusted business support to help them cut through the information overload and outdated information in the public domain. They needed trusted up-to-date information to keep them abreast of the latest changes to the business environment and the wider economic picture. This support was provided through access to the Growth Hub's comprehensive webinar and workshop programme which is delivered by expert business consultants. Boost Wellbeing attended sessions on website optimisation, business planning, online networking and more. These engaging sessions enabled the business to upskill for a confident post-Covid future. The business was also put in touch with a dedicated business adviser and signposted to grant funding opportunities.

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It feels like the “covid-thaw” is finally here, just as spring is starting to show itself! The world feels that little bit more certain and although there will be challenges in the New Normal, I’m feeling positive about the coming year. More people than ever have realised the value of looking after their wellbeing and resilience, and we will be there for anyone that would like to make use of our expert knowledge with a free consultation. Knowing that D2N2 is there to support local businesses (including mine) leaves me feeling grateful and reassured, and we will continue to access the invaluable knowledge that’s available from them.

Chris Downes, Director at Boost Wellbeing

info@d2n2growthhub.co.uk

0333 006 9178

www.d2n2growthhub.co.uk



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