

A vibrant tropical-themed background featuring various plants. On the left, there are large green and yellow palm fronds. On the right, there are clusters of small blue flowers with yellow centers and green leaves. At the bottom, there are orange and yellow leaves, some resembling autumn foliage. The entire scene is set against a solid black background.

TEAM HEALTH PERFORMANCE

REBOOT **2025**

A NEW APPROACH TO TEAM HEALTH AND WELLBEING

The background is a vibrant tropical scene. A large, circular sun with a rainbow gradient (red at the top, transitioning through orange, yellow, green, and blue to purple at the bottom) is the central focus. Surrounding the sun are various tropical plants: green vines with small leaves hang from the top; a cluster of pink flowers with green leaves is on the left; a large, orange, fan-shaped leaf is on the right; and a green fern is at the bottom right. The overall color palette is bright and saturated.

***WE
ARE
YOUR
NEW
ENERGY
PROVIDER***

**REBOOT 2025: A FRESH APPROACH TO TEAM HEALTH,
WELLBEING & PERFORMANCE**

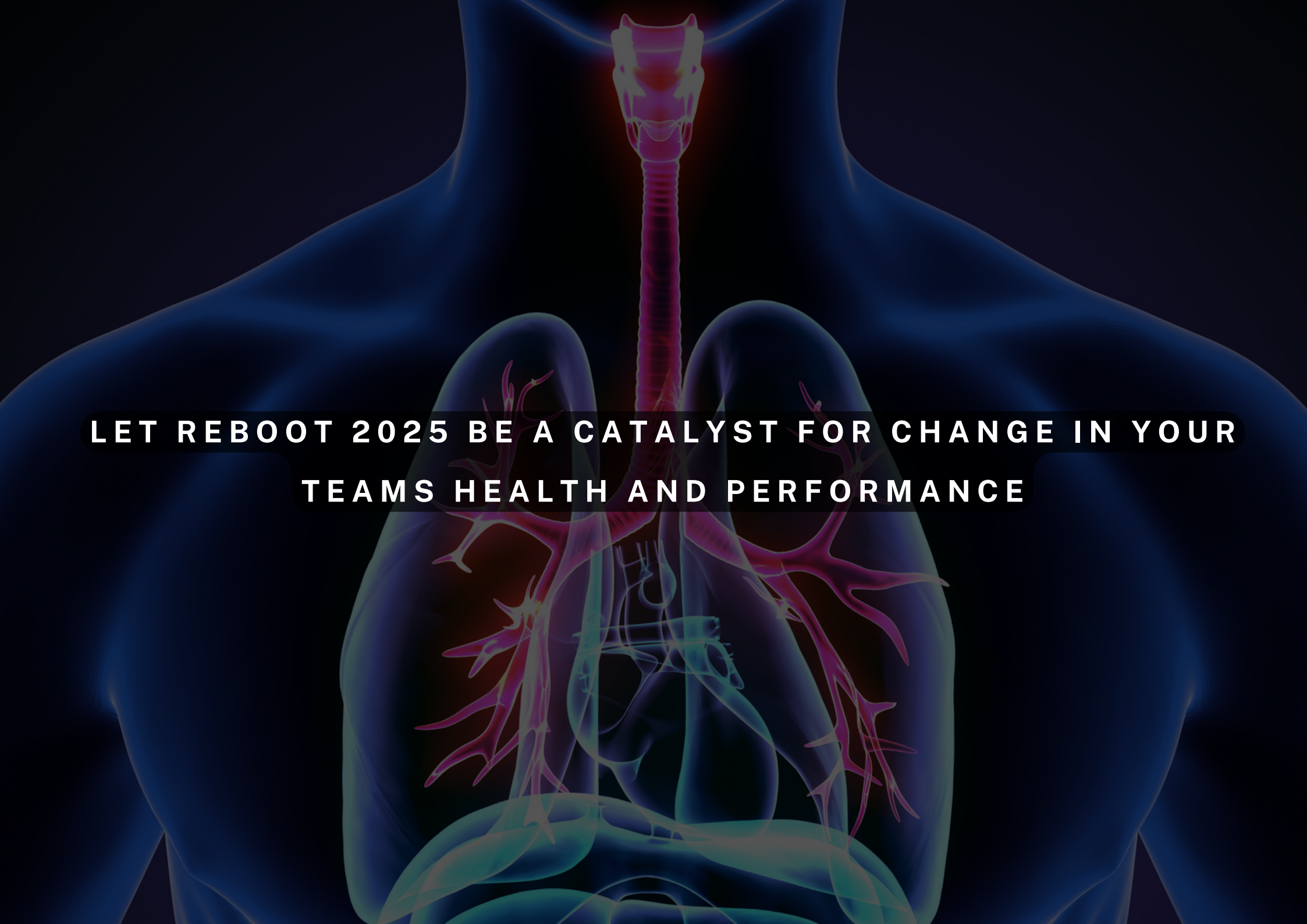
**REBOOT 2025 IS A DYNAMIC, SCIENCE-BACKED PROGRAM
DESIGNED TO ENHANCE BOTH PHYSICAL AND MENTAL HEALTH
METRICS THROUGH PRACTICAL AND MOTIVATING
STRATEGIES.**

**WE BRING ENERGY TO THE WORKPLACE WITH A FUN, ACTION-
PACKED 90-MINUTE MEDLEY OF THE LATEST HACKS,
PRACTICES, AND SESSIONS CREATED TO PUT BETTER HEALTH
BACK ON THE MAP. YOUR TEAM WILL BE ENGAGED, MOTIVATED,
AND ENERGIZED — READY TO TAKE ON WHATEVER LIFE
THROWS AT THEM!**

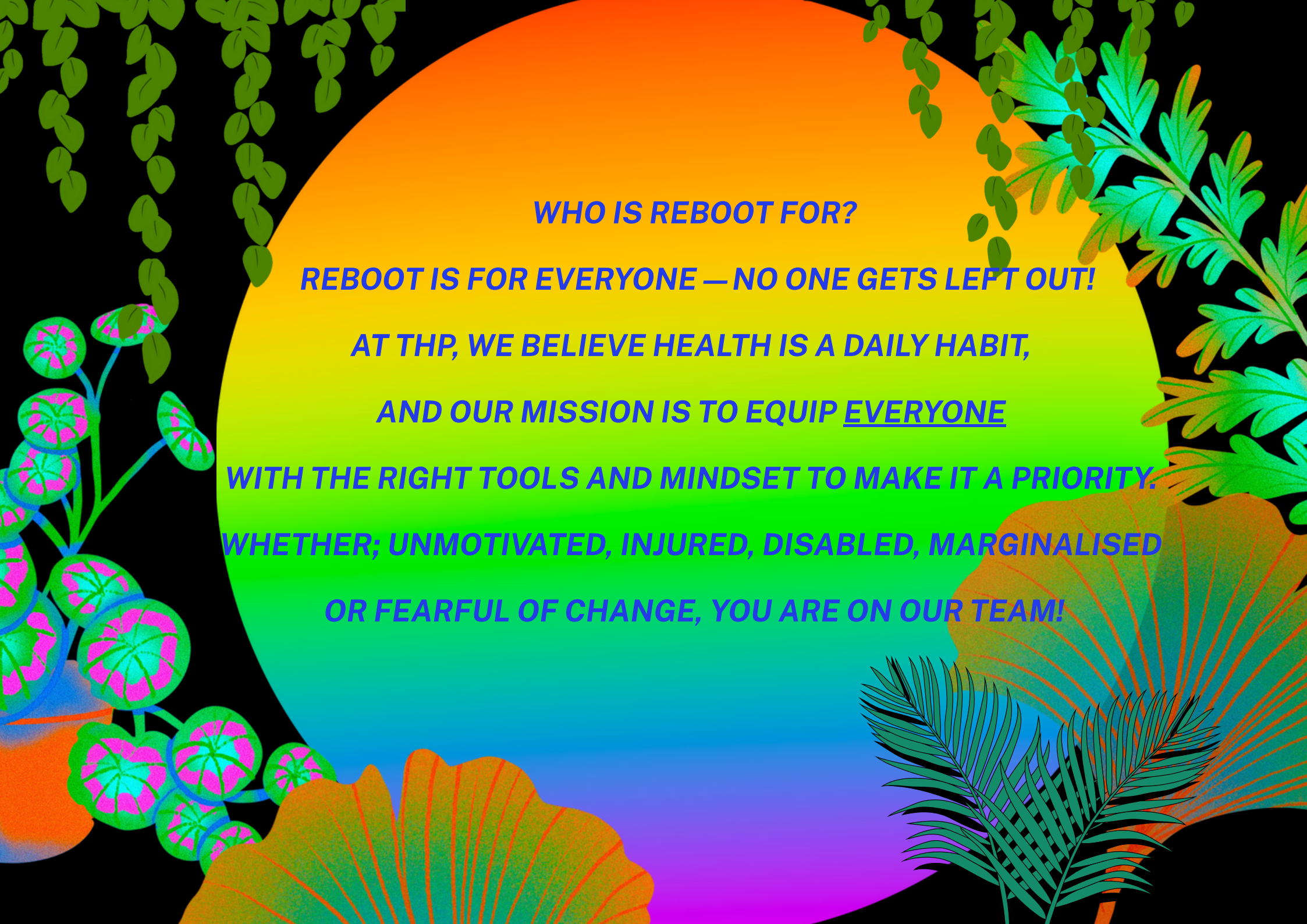


A FEW OF WHO WE'VE WORKED WITH:



An anatomical illustration of a human torso from the neck down to the waist. The skin is a dark blue, semi-transparent material. Inside, the respiratory and circulatory systems are highlighted with a vibrant, multi-colored glow. The trachea and bronchi are a bright magenta, while the lungs and the network of blood vessels are a glowing cyan. The heart is visible in the center, also glowing. The overall effect is a futuristic, high-tech medical visualization.

**LET REBOOT 2025 BE A CATALYST FOR CHANGE IN YOUR
TEAMS HEALTH AND PERFORMANCE**



WHO IS REBOOT FOR?

REBOOT IS FOR EVERYONE — NO ONE GETS LEFT OUT!

AT THP, WE BELIEVE HEALTH IS A DAILY HABIT,

AND OUR MISSION IS TO EQUIP EVERYONE

WITH THE RIGHT TOOLS AND MINDSET TO MAKE IT A PRIORITY.

WHETHER; UNMOTIVATED, INJURED, DISABLED, MARGINALISED

OR FEARFUL OF CHANGE, YOU ARE ON OUR TEAM!

THE COST OF LOW ENERGY, STRESS & POOR HEALTH AT WORK

- Mental health: *By 2045 Mental illness will increase by 33%*
- Physical health: *Diabetes will increase by at least 20%*
- Business health: *Over 70M working days lost in the UK annually due to mental health*
- Physical health: *By 2045 Cancers will rise by 20%*
- Mental health: *Dementia is set to increase in the next 20 years by 70%*
- Business health: UK productivity has stagnated for over a decade, with fatigue and presenteeism as major contributors
- 60% of employees say they're struggling to maintain consistent energy levels throughout the day
- Presenteeism (working while unwell) is estimated to cost twice as much as absenteeism
- In 2023, UK business lost an average of 7.8 days per employee to sickness – the highest rate in a decade.
- Long term sickness costs the UK economy a staggering £1.5 BILLION a year!!!

***IT IS ON US TO CHANGE OUR
TRAJECTORY***

THE GOOD NEWS?

COMPANIES WITH EFFECTIVE WELLBEING INITIATIVES REPORT:

- 12% higher productivity
- 21% higher profitability
- 41% lower absenteeism (Source: Deloitte 2023)

EVERY £1 INVESTED IN EMPLOYEE WELLBEING YIELDS A RETURN OF £5+ IN REDUCED ABSENCE, PRESENTEEISM, AND STAFF TURNOVER (SOURCE: GLASSDOOR 2024)

WHAT EMPLOYEES WANT:

- 81% of employees would consider leaving their job for one that prioritises wellbeing
- Employees increasingly value energy, mental resilience and CHANGE over traditional perks

WHAT OUR CLIENTS SAY

REAL IMPACT FROM TEAMS ACROSS THE UK

TOM BEDFORD - HR BUSINESS PARTNER - PWC - CARDIFF

“Chris and the team completely changed the energy in the room during our offsite strategy meeting. The Reboot session helped reset and refocus the group and gave us practical tools for performance and balance.”

ANISHA PATEL - STAFF WELLBEING LEAD, NHS WALES - ANEURIN BEVAN UNIVERSITY HEALTH BOARD

“We’ve had a lot of wellbeing initiatives over the years, but THP Reboot brought something refreshingly different. It was energetic, inspiring, and science-backed. Staff are still talking about it weeks later.”

WANT TO SEE HOW A REBOOT SESSION COULD WORK FOR YOUR ORGANISATION?



**CONTACT: [INFO@TEAMHEALTHPERFORMANCE.COM](mailto:info@teamhealthperformance.com) | 07701 300 083
OR VISIT: [WWW.TEAMHEALTHPERFORMANCE.COM](http://www.teamhealthperformance.com)**

DARREN HUGHES - WATCH COMMANDER - SOUTH WALES FIRE & RESCUE SERVICE - BRIDGEND

“THP delivered a powerful, practical session that went down brilliantly with our crew. The breathing, mobility and mindset tools really landed with us. Their approach is no-nonsense, energising, and totally relevant to the demands we face daily in the service.”

EL MORRIS - SUSTAINABILITY OFFICER - NATURAL RESOURCES WALES, - ABERYSTWYTH

“What stood out to me about THP is how they combine motivation with practical wellbeing strategies. The Reboot session was a brilliant morale booster and sparked deeper HEALTH conversations in our teams.”

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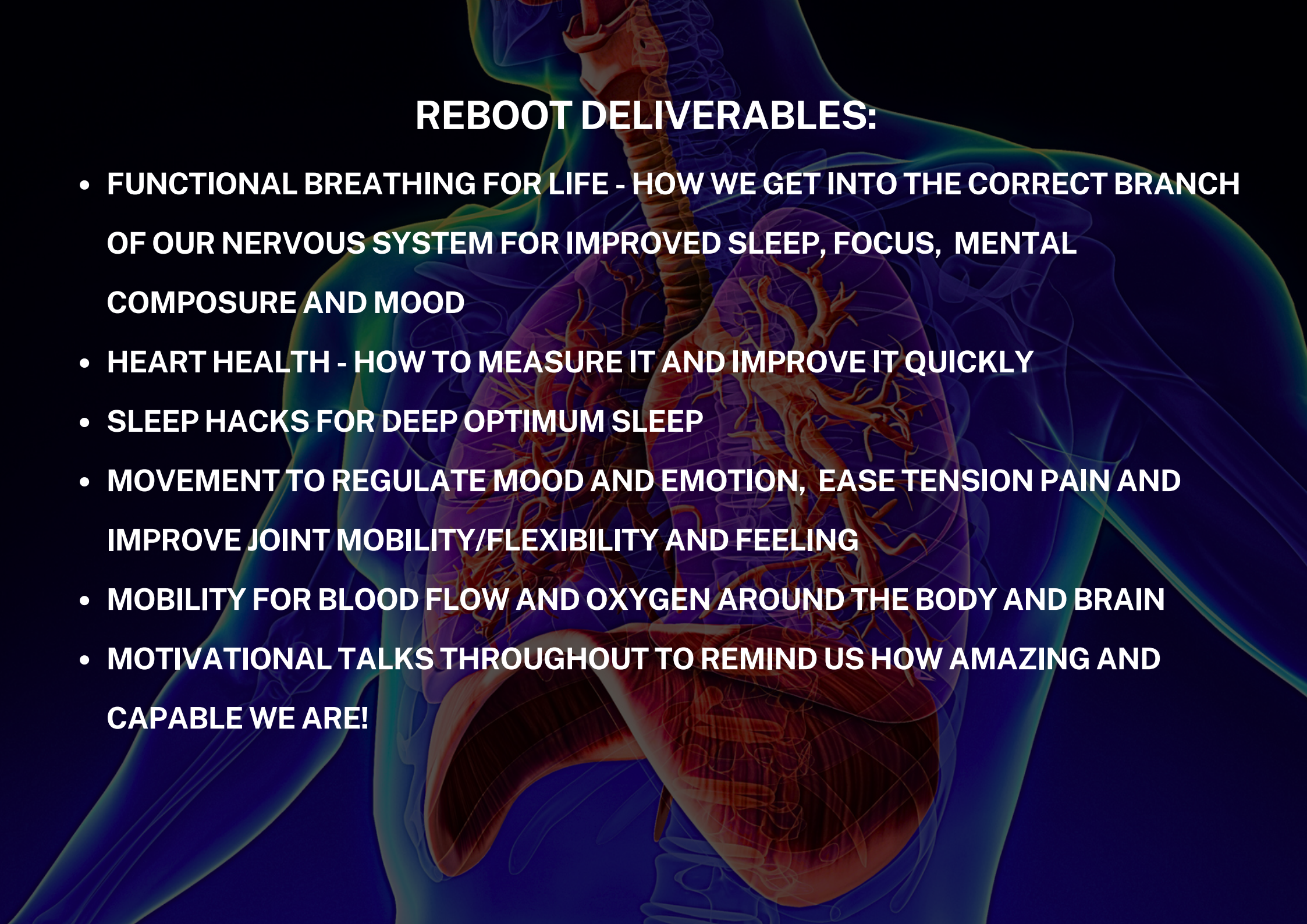


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ALL TEAM REBOOTS ARE FUELED BY REPOWR ELECTROLYTES



***DELIVERING THE MINERALS AND HYDRATION EVERYONE NEEDS TO
FEEL THEMSELVES AND THRIVE!***



REBOOT DELIVERABLES:

- **FUNCTIONAL BREATHING FOR LIFE - HOW WE GET INTO THE CORRECT BRANCH OF OUR NERVOUS SYSTEM FOR IMPROVED SLEEP, FOCUS, MENTAL COMPOSURE AND MOOD**
- **HEART HEALTH - HOW TO MEASURE IT AND IMPROVE IT QUICKLY**
- **SLEEP HACKS FOR DEEP OPTIMUM SLEEP**
- **MOVEMENT TO REGULATE MOOD AND EMOTION, EASE TENSION PAIN AND IMPROVE JOINT MOBILITY/FLEXIBILITY AND FEELING**
- **MOBILITY FOR BLOOD FLOW AND OXYGEN AROUND THE BODY AND BRAIN**
- **MOTIVATIONAL TALKS THROUGHOUT TO REMIND US HOW AMAZING AND CAPABLE WE ARE!**

HUMAN BENEFITS:

SIGNIFICANTLY INCREASED ENERGY
HEALTH PRIORITISED AND STRESS RELIEVED
NEW HEALTH HACKS AND BEHAVIOURS -
LEARNT AND PRACTISED
IMPROVED HEALTH METRICS
GOOD WORKPLACE VIBES CREATED
MOOD BOOSTED AND MINDSET SHIFTED
POSITIVE CONVERSATIONS AROUND -
HEALTH AND PERFORMANCE GENERATED

BUSINESS USES:

CATALYST FOR A MINDSET CHANGE
SMOOTHING OUT CHANGE CYCLES
OPENING A PROJECT OR MEETING WITH
ENERGY & CREATIVITY
SHIFTING ENERGY PATTERNS FOR
- PERIODS OF PROLONGED PRESSURE
MAINTAIN LEVELS OF FOCUS DURING PERIODS
OF INCREASED STRESS
TO CELEBRATE A WIN
REFOCUS AFTER A BUSINESS SETBACK
TO KEEP ENERGY LEVELS HIGH DURING LONG
PERIODS OF INTENSITY

Ready to Reboot Your Team?

Let's energise your workplace - Book your Reboot session or enquire with us HERE!



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