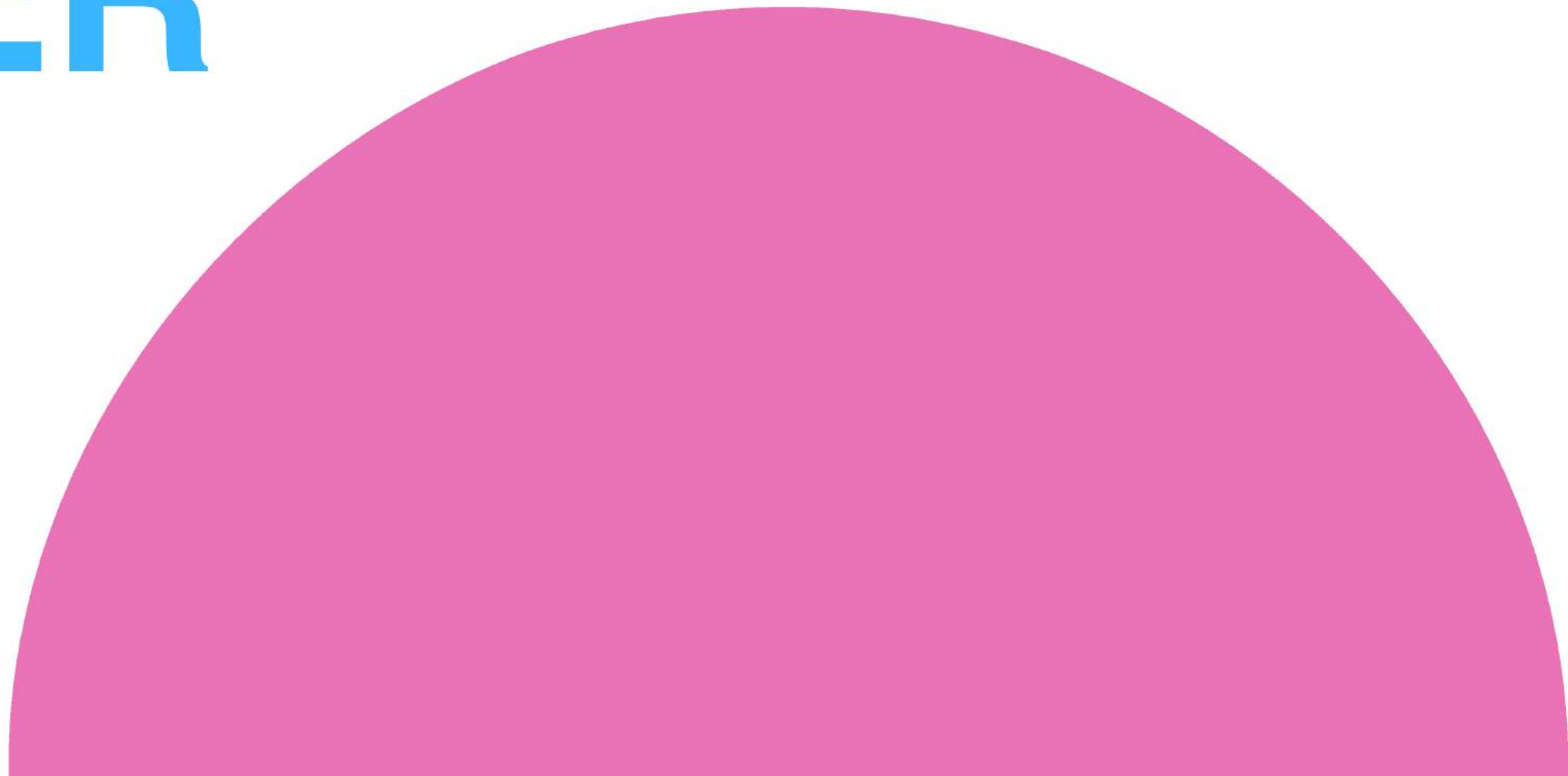




**A new approach to team
health and wellbeing**

**WE ARE YOUR
NEW ENERGY
PROVIDER**



REBOOT

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:



A group of people in an office setting. A man in a white shirt with large black polka dots is in the center, with his arms raised in a celebratory gesture. To his left, a woman in a green top and white pants stands with her arms crossed. In the background, other people are visible, and the office has large windows and modern decor.

**Let Reboot 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

It is on us to change our trajectory

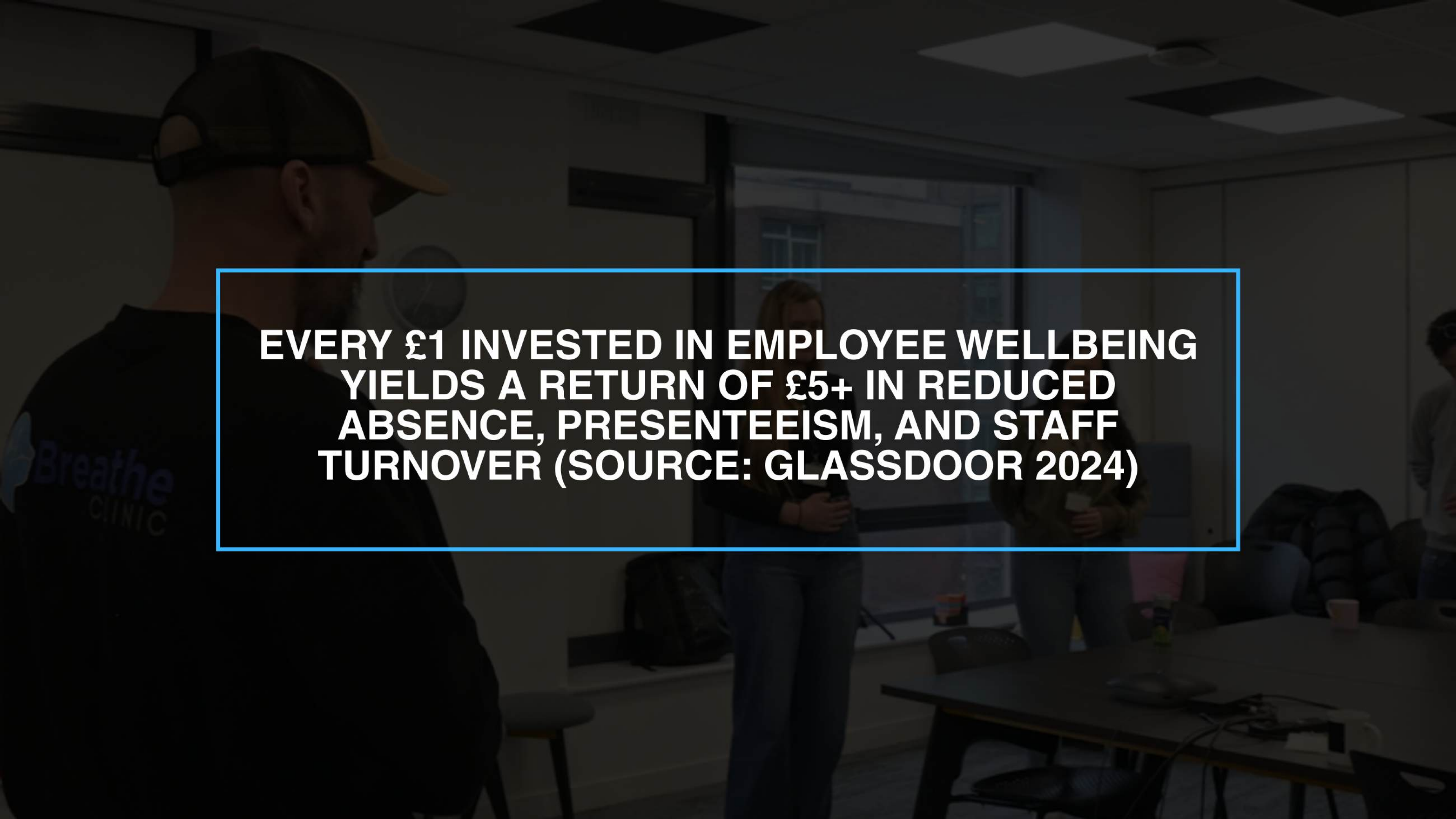
- **Mental health:** By 2045 Mental illness will increase by 33%
- **Physical health:** Diabetes will increase by at least 20%
- **Business health:** Over 70M working days lost in the UK annually due to mental health
- **Physical health:** By 2045 Cancers will rise by 20%
- **Mental health:** Dementia 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!!!

A man with a beard and a white t-shirt featuring a 'THP' logo stands in front of a brick building. To his right is a sign for 'Astutis' and a security keypad. The scene is dimly lit, possibly at dusk or dawn.

The good news?

COMPANIES WITH EFFECTIVE WELLBEING INITIATIVES REPORT

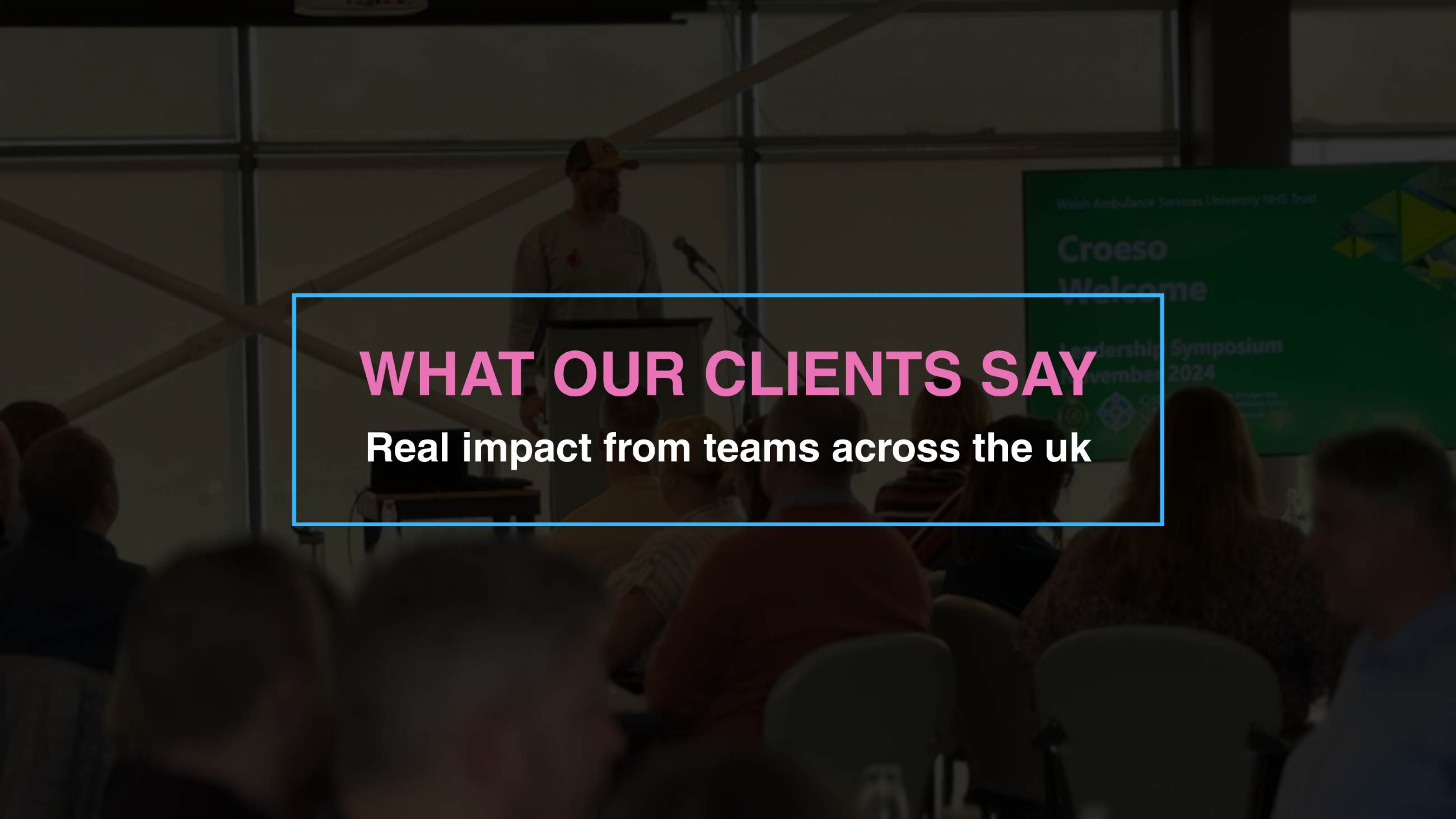
- 12% higher productivity
- 21% higher profitability
- 41% lower absenteeism (Source: Deloitte 2023)



**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

A man in a white shirt and cap is speaking at a podium. In the background, a green banner reads "Welsh Ambulance Services University NHS Trust", "Croeso Welcome", and "Leadership Symposium November 2024". The foreground shows the backs of an audience seated in chairs.

WHAT OUR CLIENTS SAY

Real impact from teams across the uk

“

“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.”

**TOM BEDFORD - HR BUSINESS PARTNER -
PWC - CARDIFF**

“

“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.”

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

“

“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.”

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

“

“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.”

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

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



INFO@TEAMHEALTHPERFORMANCE.COM



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WWW.TEAMHEALTHPERFORMANCE.COM



ALL TEAM REBOOTS ARE FUELED BY REPOWR ELECTROLYTES

Real impact for teams across the uk



REBOOT DELIVERABLES

A fresh approach to team health,
wellbeing & performance

- 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 or smoothing out business 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 or to celebrate a win
- Refocus after a business setback or 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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