

## Client Reviews

"For any type of organisation who want to have more employees, at all levels, who are well mentally and physically and also engaged and motivated I would recommend WellKom".

**Board Level HR Professional of County Council / Strategic Health Authority**

"The Personal Wellness Profile™ gave me an accurate picture of my physical and *mental well-being*, and was complete with development activities that I found most relevant and useful. I am not aware of any other tool which provides this level of support ...."

**Surveyor, Property Services Department, Major Bank**

"WellKom is impressive in comparison to the usual quick lifestyle profiles I have done in the past. It has provided me with an interesting insight into how I cope and what I can practically do to improve my physical **and mental well-being**." **Business Development Exec., Publishing**

"This is the first time I've been exposed to anything quite like this. It has been a valuable piece of learning for me to find out about my ability to cope with the tensions of work and home life - and, importantly, to see how I compare to others. WellKom's platform provided great insight and practical answers on how I could change my behaviour for the better. My Personal Profile gave a number of interventions, tailored particularly for me that I could make to improve my wellness.

**Financial person (Northern Cluster), UK Technology Company.**

"The coaching process increased my understanding of the contents of the Profile, including the personal recommendations, as well as increasing my commitment to take action. Overall it was definitely worthwhile as helpful in a positive and supportive way."

**Speech and Language Therapist & Union Representative, Portsmouth City PCT, National Health Service, England**

"With WellKom as the road map professional coaches can help people to work their way through the challenges of the ups and downs of modern life."

**Chief Executive, A College of Executive Coaching.**