

## About WellKom:

Bringing together over **15 years of R&D** to provide leading, global psychometric software with a proven **impact on physical and mental health.**

Over **100 organisations** across the U.K. and worldwide have used and trust in our software.

wellKom 

# THRIVING DURING TIMES OF CRISIS

Be Well - Perform Well - Live Well™



With the Coronavirus present in all aspects of our lives, it's an unsettling and unfamiliar time for everyone.

# Do any of the following sound familiar recently?

- Feelings of loneliness and isolation
- Anxiety
- Concern for loved ones
- Stress from a reduced sense of freedom
- Increased workload, both personally or professionally
- Intense working conditions
- Lack of sleep
- Comfort eating
- Financial worries
- Concerns about the future

It's normal to experience different emotions during situations such as these.  
But when these begin to overwhelm you, it becomes harder to focus on your daily life and the things  
that matter most.

**Now is the time to focus on your mental and physical wellness.**

## What do I do?

Take 20 minutes to assess your current way of life, privately and confidentially using our accredited profiling. You will be asked questions related to your:

- Attitudes
- Beliefs
- Behaviours
- Constraints

Following this, you will be able to:

- Understand how your physical and mental health are related and the effect this has on you
- Identify your core strengths, and how using these can help to enhance your lifestyle

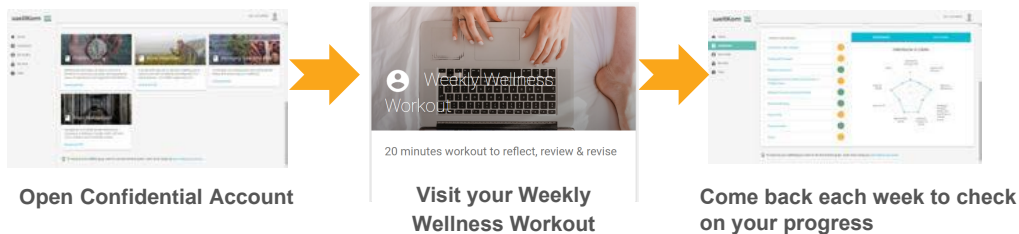
You will receive personalised, best practice recommendations in a profile only visible by you. With this, you can create small but manageable objectives that will have a real impact on your life.





# How do I do it?

To get started, simply:



After building your initial profile, join the **Weekly Wellness Workout**:

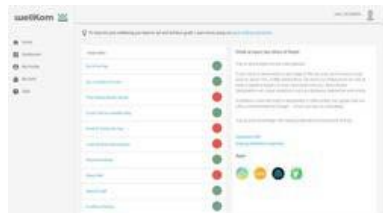
1. For your first visit, complete the full questionnaire to get an understanding of your current levels of mental and physical wellness. After this, **re-profile** on a weekly basis and update your key metrics.
2. Visit your **dashboard** and see in real-time an overview of your current wellness
3. Spend a few minutes looking at your **development activities** and recommended areas for improvement
4. Take some time to reflect on where you want to improve, and update this in your **STARS**
5. Set realistic **goals** and adapt them as you make progress each week



**It only takes 20 minutes each week to make a permanent change on your life!**

# What resources can I access?

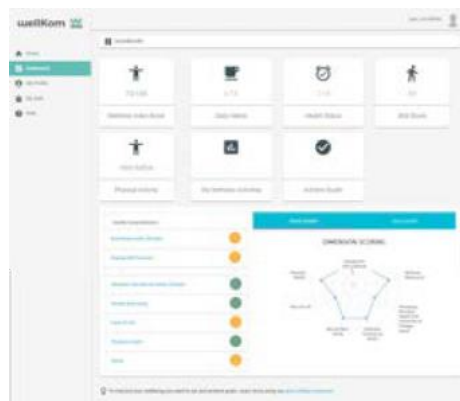
Your profile has everything you need to manage and improve all aspects of your physical and mental wellness:




Daily Wellness Habits



Physical Activity Levels



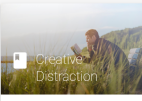
Wellness Dashboard



**Anxiety Management**

A set of cognitive techniques which focus on changing the way you perceive events and planning...


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**Creative Distraction**

A cognitive technique to move your attention away from negative thoughts that would...


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**Goal Setting**

A basic skill of wellness management is being clear about what you want, so that your...

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**Time Out**

Learning simply not to do anything for a while and experiencing the benefits of this...

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Personalised development activities





# You are in control...

**Our software enables you to:**

## Set your goals

- What you want to focus upon
- When you want to start
- How to get back on track if needed
- When you want to re-profile (e.g. weekly, biweekly)

## View and use your resources

- Download and view by pc; tablet; smart phone
- You decide the best mix of resources
- Pick the learning format which suits you best
- Easy to review and edit when online
- Store safely in your account using My Safe

## Share your Profile

- Who to share it with
- What information you share
- How you share it

## Take your success further:

- Identify your current strengths, and how to take advantage
- Developmental resources tailored for you
- Resources to help reflect and learn from your changes

# Some experiences from people in similar situations:

"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."

"It's impressive in comparison to the usual quick lifestyle profiles. 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.**"

"Given the demands of today if you don't understand and manage your own well-being you will probably burn out and not perform to the level of your potential. **I found it to be a very useful tool.**"

"I found during the day I became more irritable – Now I know why and I **have fixed it.**"

"When I re-did the profile I could see in black and white what had improved and this increased my confidence that **I can make a difference to my health.**"







[Click here to sign-up](#)  
and get started today