

Pavelka Wellbeing

IMAGINE A WORKPLACE WHERE...

...your team has permission to focus on their personal wellbeing and this is firmly a part of your team culture, resulting in :-

- a stronger team connection whether you all work together in the same office, remotely or even across different time zones
- a team which looks at setting wellbeing goals from a new perspective, and can achieve those goals
- a high performing team which has deep trust, and which feels safe enough for open and honest communication.

We can help get you there!

"At Pavelka, our mission is to integrate wellbeing into everyday life.

We put wellbeing at the heart of culture"

OUR APPROACH

We work alongside Leaders and Teams to help embed and integrate wellbeing into the every-day workplace using an easy-to-understand ecosystem; The Four Elements; Eat, Sweat, Think and Connect. With a range of tools, proven techniques and human support, this creates environments based on inclusion, compassion and trust, where everyone can thrive, develop and enjoy the best version of themselves; at home and at work.

WELLBEING SERVICES

Pavelka is a change agency. We are your wellbeing team and have worked with many leaders and teams across the globe.

Enjoy live events, webinars and online content, or team challenges and activities which can be led by leaders or a team member. Your team will benefit from being supported by an international network of experts, who can deliver multi-lingual advice and support on the topics that are relevant to you and your team, when you need them and in whichever format suits best.

Here are some examples of what is readily available to you :-

- Team wellbeing experiences and resources
- Expert-led experiences
- Wellbeing challenges
- On-demand programs
- Live events
- Virtual and instructional wellbeing events
- Team off-site events
- Hybrid wellbeing days
- Inclusive communities
- and much more...



THE FOUR ELEMENTS

Google wellbeing and you are presented with over 4 billion results. Is it any wonder why sometimes we find it difficult to know where to start?

The Four Elements is our simple yet impactful wellbeing ecosystem, which provides a lens to help navigate and make sense of the ever increasing complexity of the wellbeing landscape.

EAT SWEAT THINK CONNECT creates a foundation with easy to understand common language which everyone can relate to and create shared goals and/or company-wide initiatives.

PROJECT EXAMPLES

Sheila Champion-Smeeth Inspire Story: <click to watch>

Importance of You Event APJC: <click to watch>

GETTING STARTED

Everything starts with a conversation. We would love to hear about your current challenges and the ambitions you may have.

Drop us a line and start the conversation:
jill@pavelka.co.uk