



**QUESTAE**  
collective

**Working in partnership with your  
business and your people**

# 360 Wellness Review<sup>©</sup>

## Management Summary

The key to an employee's good performance is 'happiness'.

Happiness is no longer an intangible variable but something that can be measured. Happiness and performance result from empowered and healthy staff who enjoy active social and business connections.

It puts the right levers of organisational control precisely into management's hands.

Our 360 Wellness Review<sup>©</sup> gives managers the tools to reduce stress, improve engagement, and achieve sustained levels of higher performance and overall wellbeing across the entire organisation.

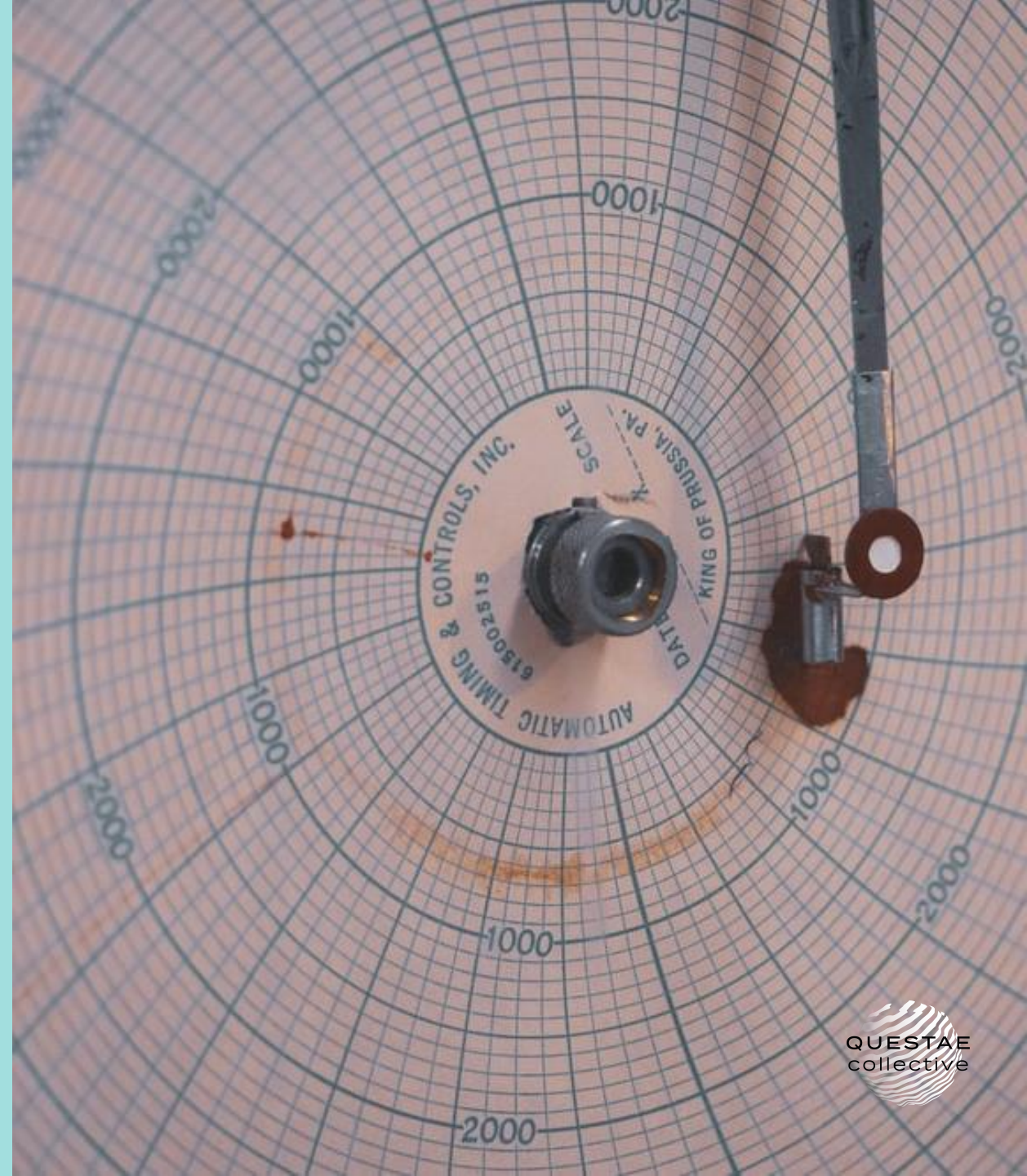
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# How can you measure success if you don't know where you started from?

We work with the client's management and leadership team, to guide, encourage, and coach, to enable clearer and defined leadership skill sets, to ultimately improve performance across all levels of the business.

By clearly understanding the "NOW" of the people, we effectively support this high-level strategy by guiding the entire organisation to fully understand and explore its own personal wellbeing journey.

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# How Do We Do This?

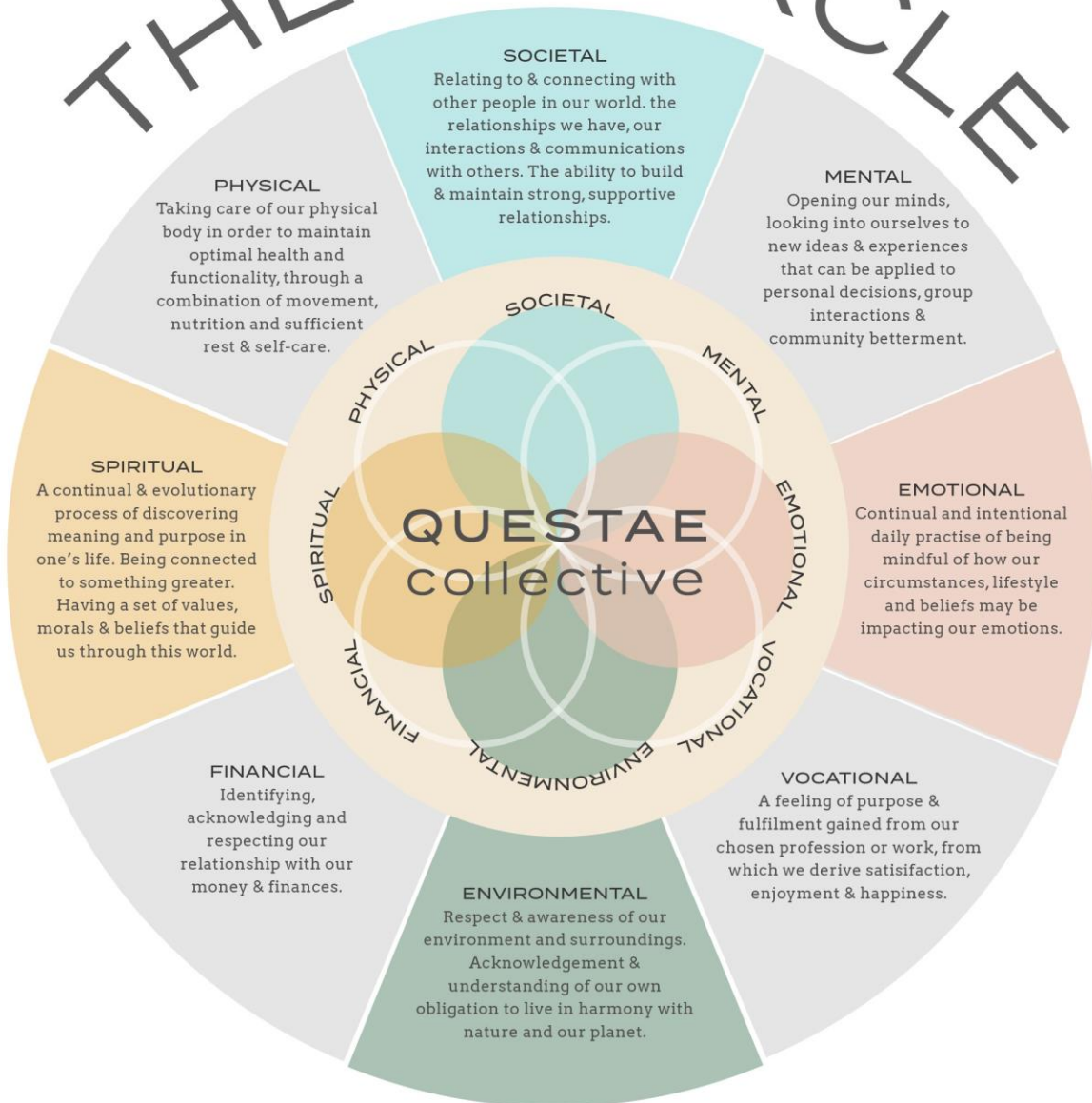
We use our unique 360 Wellness Review<sup>®</sup>, backed by over 18 years of scientific research, created by Dr Craig Knight PhD MSc HRF (Exon) CPsychol BSCAH.

By collating specific data from all team members across each department, we gain a clear and present insight on performance, engagement, happiness and overall wellbeing.

This enables us to work in partnership with you to create a practical, achievable, and sustainable wellness strategy.

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# THE QUERCLE



## The Quercle<sup>©</sup>

The data we analyse is overlaid against what we believe to be the 8 dimensions of wellness, we call this The Quercle.

All 8 dimensions are interconnected, each one playing an important part in overall wellbeing.

**Societal**

**Mental**

**Emotional**

**Vocational**

**Environmental**

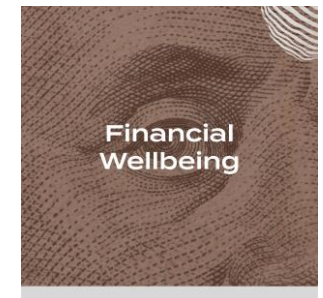
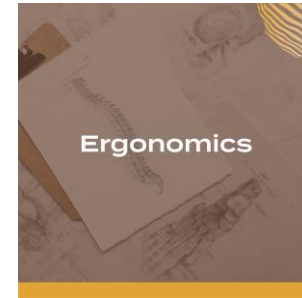
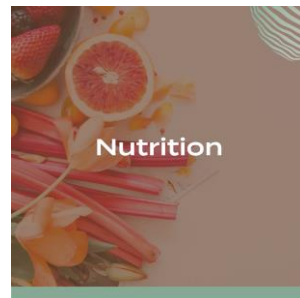
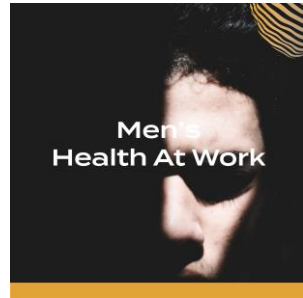
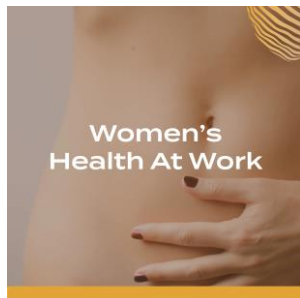
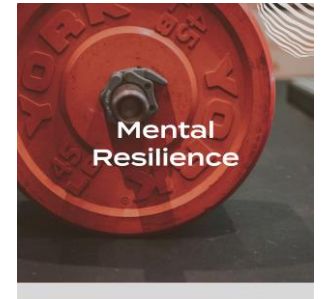
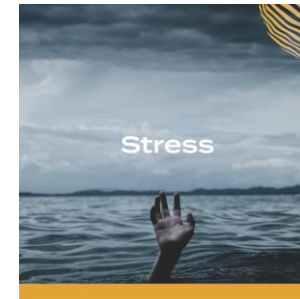
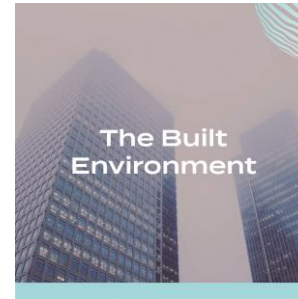
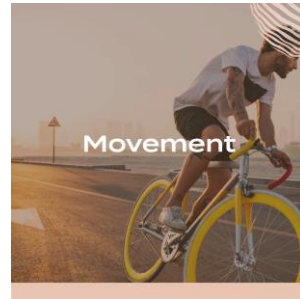
**Financial**

**Spiritual**

**Physical**

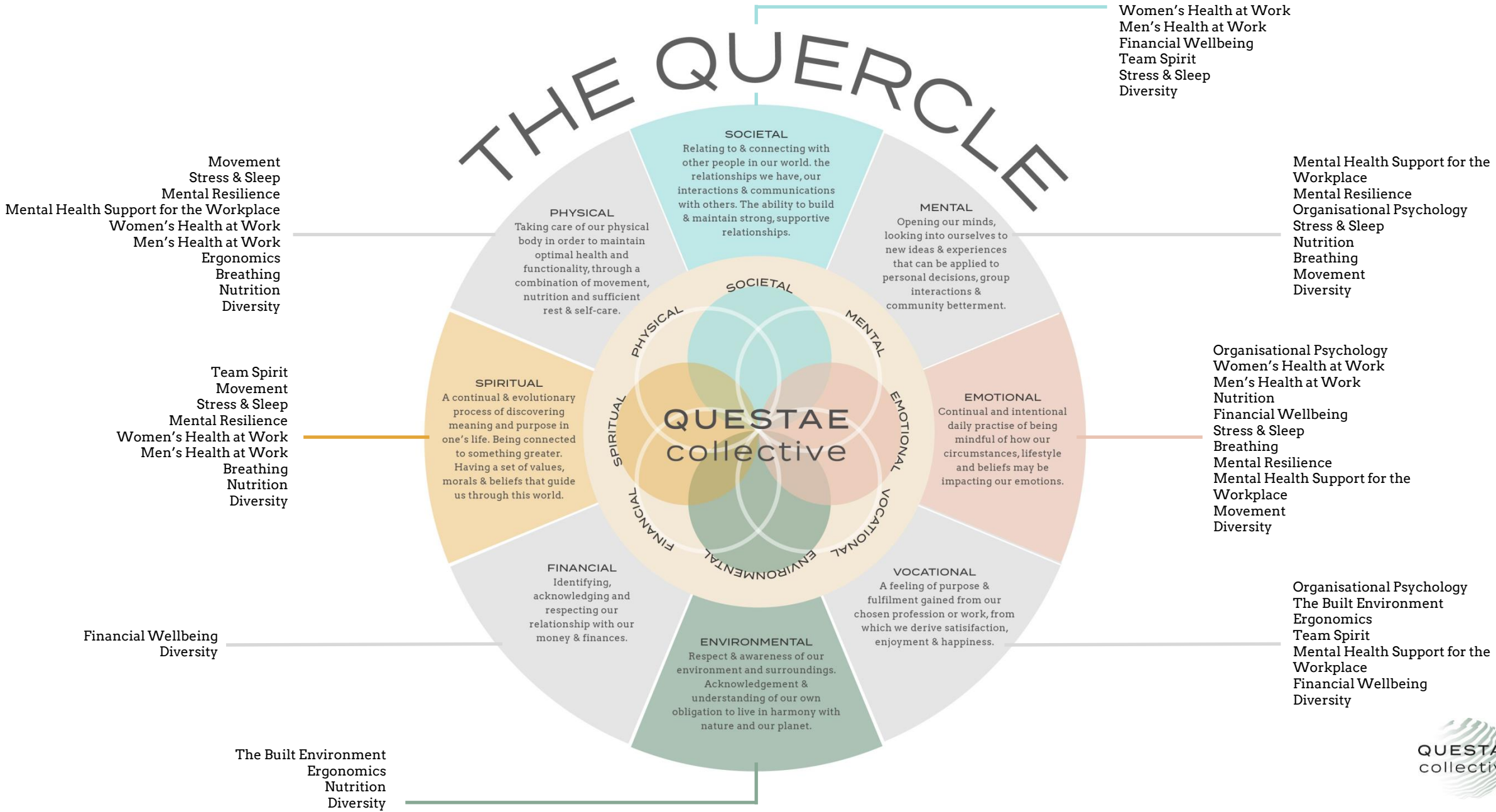
These 8 dimensions are then delivered and communicated through our 'Elements'.

# Elements





# THE QUERCLE



Women's Health at Work  
Men's Health at Work  
Financial Wellbeing  
Team Spirit  
Stress & Sleep  
Diversity

Mental Health Support for the Workplace  
Mental Resilience  
Organisational Psychology  
Stress & Sleep  
Nutrition  
Breathing  
Movement  
Diversity

Organisational Psychology  
Women's Health at Work  
Men's Health at Work  
Nutrition  
Financial Wellbeing  
Stress & Sleep  
Breathing  
Mental Resilience  
Mental Health Support for the Workplace  
Movement  
Diversity

Organisational Psychology  
The Built Environment  
Ergonomics  
Team Spirit  
Mental Health Support for the Workplace  
Financial Wellbeing  
Diversity

Movement  
Stress & Sleep  
Mental Resilience  
Mental Health Support for the Workplace  
Women's Health at Work  
Men's Health at Work  
Ergonomics  
Breathing  
Nutrition  
Diversity

Team Spirit  
Movement  
Stress & Sleep  
Mental Resilience  
Women's Health at Work  
Men's Health at Work  
Breathing  
Nutrition  
Diversity

Financial Wellbeing  
Diversity

The Built Environment  
Ergonomics  
Nutrition  
Diversity



# Thank you!

**John Walters**

Founder & Director

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## Follow Us

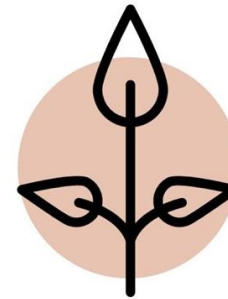
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nourish



thrive



expand

