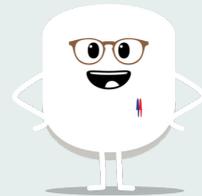


Your Wellbeing Change Journey



-  CheckUp
-  SpeakUp
-  WellCup



checkcup™

Create a snapshot of wellbeing across your organisation in less than 60 seconds through guided self-reflection. Unique two-way survey allowing participants unlock researched wellbeing modules to help them improve in the areas that need work. Real-time data insights help you implement wellbeing initiatives supported by bespoke resources.

speakcup™

An anonymous tool designed to give your people a voice. Your organisation will be able to collect data on 9 key areas of your employee's wellbeing and support them in the areas they need it most. Available via onsite terminals and a simple to use web-app, SpeakUp offers the opportunity to self-reflect at anytime, increasing wellbeing awareness & reducing mental health stigma.

wellcup™

A fun and engaging app designed for individuals and families, to encourage reflection and conversation around mental health and wellbeing. Packed with resources to increase awareness of the key areas having the biggest impact on wellbeing, insights offer help when you need it most. The Buddy System lets you nominate a friend to give you a friendly nudge if your wellbeing dips.

All aboard

Whether this is your start point or you are already on track with existing initiatives, we invite you to join us on a journey to wellbeing. Our family of products provide a framework for wellbeing within your organisation.

