

# LIFE NOW COACHING

*Building a healthy, happy and strong life*

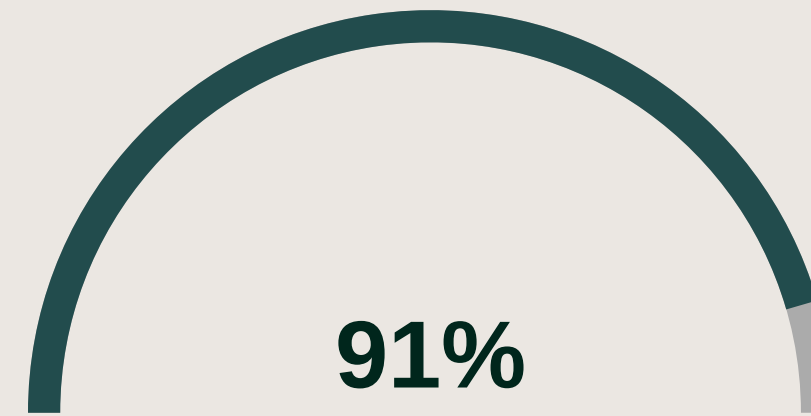


# *Wellness in the workplace*

Corporate wellbeing is no longer a nice to have, but a must have.

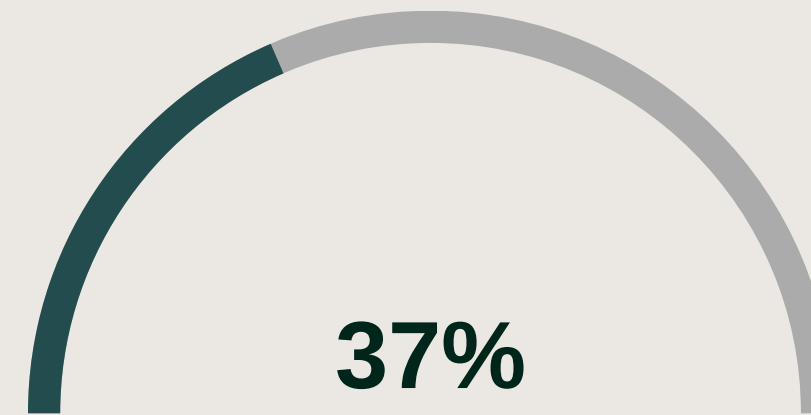
Employees now expect commitment and support from their employers and look for this when seeking new employment.

The impact of poor health and wellbeing on an individual has enormous affects on their happiness and productivity, all contributing to the output and value of businesses.



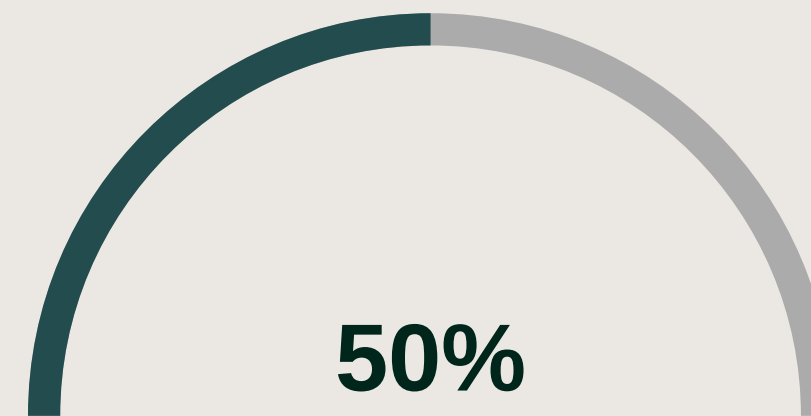
Employees at companies that support wellbeing feel motivated to do their best in their job

(American Psychological Association)



Of companies have seen an increase in stress-related absence over the previous 12 months

(CIPD)



By 2024 50% of the UK workplace will be over the age of 50 and at increased risk of health related issues

(CIPD)



# *What workplace wellness delivers*

## *Improved job satisfaction*

- ⦿ Creates a strong workplace culture.
- ⦿ Builds trust in the company mission and values.
- ⦿ Helps bring fun and positivity to work.

## *Achieve business goals*

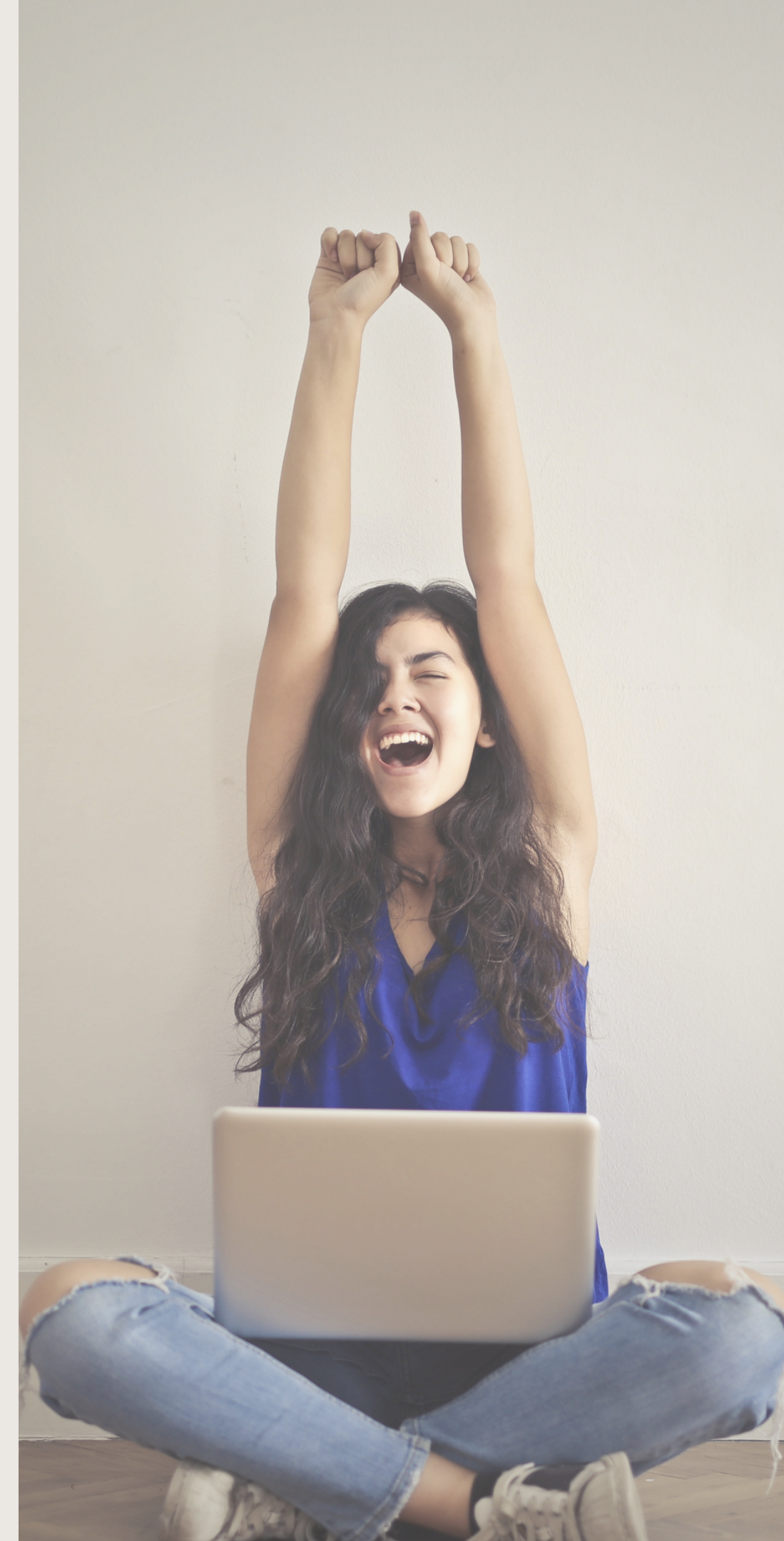
- ⦿ Fosters a joint commitment to the organisation's success.
- ⦿ Be a leader in your sector.
- ⦿ Helps individuals to thrive and deliver results.

## *Staff retention*

- ⦿ Helps drive staff morale.
- ⦿ Cultivates team work and peer support.
- ⦿ Aids work life balance.
- ⦿ Shows commitment to investing in personal growth.

## *Productivity*

- ⦿ Reduces staff absenteeism.
- ⦿ Reduces anxiety and depression.
- ⦿ Provides tools and practices to manage stress.
- ⦿ Boosts team spirit.



# *Why wellness matters*

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## *Quality of life*

Being well encompasses total health and wellbeing to feel the best you can in all aspects of your life. It's a result of good physical, emotional, and spiritual health.

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## *Prevent ill health*

Investing in your wellbeing at every stage of your life reduces your risk from many illnesses and diseases. It enables you to live life the way you want to.

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## *To live with purpose*

Having clarity on your goals, dreams and purpose comes from building a strong mind and body. Feeling aligned to your purpose keeps you motivated and inspired.

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## *Inspire others*

Modelling healthy habits to your family and those around you, especially kids, has a huge impact on how they live their lives and the way they feel.

# *About Life Now Coaching*



## *Mental health*

Mindset is a key pillar in our framework to build a strong, positive and optimistic approach to your health. It's essential to shaping your habits, lifestyle and overall good wellbeing.



## *Physical Health*

This is vital in all aspects of your health and wellbeing. Being physically strong helps with your energy, motivation and performance. It also impacts your mental health.



## *Happiness*

It's what you're aiming to feel every day. Understanding what happiness really is and how to be happy in your life in the present is key to living healthy and well - for the rest of your life.

# *5 Pillars of Wellness*

At Life Now Coaching, we focus on 5 key pillars of wellness to build the right habits for a sustainable healthy lifestyle. We thread this through everything we do.

**NUTRITION**



**MOVEMENT**



**MINDSET**



**SLEEP**



**STRESS**



# *Our services*

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## *Workshops*

We offer a range of sessions for teams exploring the role of health on your happiness, women's health and menopause, our five pillars of wellness, and the power of habits. They can be hosted in-person or virtually.

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## *Coaching*

Individual coaching is a great way to invest in those team members leading your business, to support their personal growth and development. These sessions are effective in-person and virtually.

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## *Programmes*

From Pause To Play supports women and menopause, or create a bespoke programme to meet your specific business needs. This can include a combination of workshops, coaching, training and ongoing team support.

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## *Consultancy*

Based on your specific challenges and needs we offer a full review of your organisations wellness strategy, policy and values to help implement an effective workplace wellness and culture strategy.



# *About Nicola*

Following 23 years in the corporate world, Nicola pivoted her career to fulfil her passion of helping others in their health and wellness journeys. Entering the entrepreneur world in 2021, Nicola founded Life Now Coaching, creating tailored programmes for corporate teams, groups and individuals.

A certified wellness coach and qualified Personal Trainer with expertise leading corporate projects and teams for global brands, Nicola uses her skills and knowledge together with her own experience of mental and physical health challenges, to help others live healthy, happy, and strong lives.

Her mission is to change the narrative on what being healthy is really about and support you building sustainable healthy habits to thrive and perform to your best in life.

Nicola believes that living a great life and feeling happy results from how you value yourself and take care of your mind, body and soul.



# *Client results*

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## *Nike UK Ltd*

Leading the SWAT (Special Workforce Action Team) Nicola was able to positively influence team culture and boost morale. She supported a review of employee satisfaction using focus groups and feedback surveys, to identify opportunities to better align to company values and priorities. Liaising with senior leadership she implemented a new mentorship programme to support individuals across every level of the organisation.

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## *People & Culture Forum*

Nicola ran a session on building a culture of wellness in the workplace and was a pleasure to work with. The session was tailored perfectly to the needs of the audience and was very informative, a great mix of facts, anecdotes and activities with a great balance of listening and doing. The feedback I received after the session was brilliant. If you are looking to improve wellbeing within your organisation I would highly recommend Nicola.

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## *Network Rail*

Nicola delivered a bespoke session focussing on how to make the most of small opportunities to improve and manage your health and wellbeing, and ensure that you are at your most resilient to balance caring with work. Nicola, using her trademark five pillar approach did just that, in her beautifully gentle and honest way. I cannot recommend Nicola highly enough for health and wellbeing coaching, especially for creating bespoke sessions to suit your workforce.



# *Get started*

To discuss your business and team needs please contact:

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