"Innerfit have helped us shape a much more intentional investment in the wellbeing of our people, and have had a huge impact on our collective confidence and knowledge"

NATASHA ROSE
(HEAD OF HR)

Retail Marketing

Employees – 700+

HQ – Hertford

blue square.

OBJECTIVE & SOLUTION

Our objective was to support the mental health of everyone at Blue Square.

Our solution – as part of a wider culture and wellbeing programme - was to train 36x Mental Health First Aiders and provide them with the skills and confidence needed to support everyone at Blue Square.

RESULTS

"I now carry the ALGEE leaflet in my wallet and am not afraid to ask the question"
— MHFA ATTENDEE

"Innerfit enabled us to put our foot on the accelerator and offer a huge range of additional support"
— L&D CO-ORDINATOR

90%
Increase in confidence talking about mental health

118%
Average increase in knowledge on the topic of mental health

CASE STUDY
HELPING LEADERS DELIVER HEALTH & HIGH-PERFORMANCE

INNERFIT

"Having worked with Innerfit for almost a year, I am very confident in their ability to provide effective and impactful wellbeing and training sessions, which is evident in our attendee feedback. They have also been very supportive and flexible when to our needs along the way"

ALI HART
(L&D)

Retail Marketing

Employees – 700+

HQ – Hertford

OBJECTIVE & SOLUTION

Our objective was to empower a key leadership team to build a healthy and high-performing team.

Our solution – we delivered a tailored training programme comprising 6 workshops, all designed to help leaders develop practical skills and take immediate action

RESULTS

"I began the training slightly resentful that the training had stolen time from me, but finished pleased that I had joined and looking forward to the next one"
— REGIONAL MANAGER

70%

Uplift in self-reported performance of one attendee

"A great opportunity to think about processes and what I hope to continue/change on my return"
— TEAM LEADER