

CASE STUDY

MOVE EAT & SLEEP WELL



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HARRIET JONES
(HEAD OF GRADUATE TALENT)

Law Firm

Employees – 200+

HQ – London

“The support you have given me over the last year has been incredible. It’s not just the sessions. It’s so much more than that”

OBJECTIVE & SOLUTION

Moving, sleeping and eating well was not easy in the summer of 2020. Research showed that 58% and 55% of adults were neglecting their physical and mental, respectively, 50% said their sleep had been more disturbed than usual.

Our solution was to deliver a series of virtual workshops focused on evidence-based and time-effective tips which lawyers could integrate into their busy schedules.

RESULTS

“It’s going well, thank you. I’ve found it easier during lockdown to eat earlier as there is no commute involved in my day”

— Bristows Lawyer

86%

Of attendees changed something in their day-to-day life after the programme

43%

Average increase in how people felt after each talk