

CASE STUDY

BOOSTING THE HEALTH & PERFORMANCE OF HR LEADERS IN LONDON (2020)



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Vice President
(Life Works & Inclusion)



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DISCOVERY

Multinational Media & Entertainment

Employees - 30,000+

HQ - New York

“I absolutely love working with you. Every programme – from London to Latin America – has really delivered the results we are looking for”

OBJECTIVE & SOLUTION

Our objective was to drive an uptick in the health, wellbeing, and performance of 15 HR staff and Senior Leaders in London.

The challenge was that nothing like this had been done before!

We launched a **3-month pilot-programme** which gave delivered personalised wellbeing plans as well as in-person and virtual 1-1s to help each participant achieve their own personal wellbeing goals.

RESULTS

“How I feel has absolutely transformed. I’ve seen a tangible improvement in my work”

80%

Average increase in feeling
satisfied with their health & wellbeing

32%

Average increase in
feeling energized at work

CASE STUDY

MENTAL HEALTH AWARENESS WEEK (2022)



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LEONA BRAKO
(Life Works & Inclusion)



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“The week went really well and the sessions were insightful and provided value. The comments that came back from employees were exactly what we were looking for, thank you!”

OBJECTIVE & SOLUTION

As part of Mental Health Awareness Week, **our objective was to** positively shift behaviours around mental health and digital habits.

Our solution was to host 2x talks on ‘Beating Burnout’ and ‘Digital Habits’.

RESULTS

“Such a brilliant session. A tangible & good reminder to take responsibility for our mental health”

96%

of attendees agree that colleagues who didn't attend ‘Beating Burnout’ would benefit from attending

100%

of attendees felt confident spotting the signs of burnout after the talk

95%

of attendees agree that colleagues who didn't attend ‘Digital Habits’ would benefit from attending

CASE STUDY

SENIOR LEADERS SHAPING A BETTER CULTURE (2022)

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“I’ve thought a lot about the offsite. I must say it’s the best team session I’ve experienced. Huge credit to you for your calm and relaxed approach and for the way you mixed visualization and our traits”

— PHILIP (MARKETING DIRECTOR)

OBJECTIVE & SOLUTION

Our objective was to help senior leaders in the Marketing Team shape a better culture. Chris (Innerfit Founder) travelled to Stockholm for a day offsite and ran a 2-part workshop:

- **Top Team** - How We Want to Communicate & Behave as a Top Team
- **Wider Team** – Removing Barriers & Setting a Roadmap for Success



RESULTS

“Thank You Chris. You’re a great facilitator and I think we all really enjoyed your approach and the day overall”

— REBECCA (VP MARKETING, NORDICS)

“I really enjoyed the workshop and I’m certain the work we did will benefit us”

— CARL (HEAD OF GROWTH & MARKETING, NORDICS)



CASE STUDY

BETTER WORK-LIFE BALANCE AND BOOSTING MENTAL HEALTH FOR GT&O (2020-22)

“I have worked with Innerfit on a mix of projects since 2020. The GT&O programmes have been such a collaborative partnership, which is probably why we’ve unearthed such right insights along the way”

— FRANCES (VP PEOPLE & CULTURE)

OBJECTIVE & SOLUTION

Our objective was to help the global GT&O team find a better work-life balance and to equip them with skills to boost mental health.

Our solution was to work closely with the GT&O People/Culture team over a 2-Phase programme. We sparked the conversation on wellbeing fundamentals with highly targeted training suitable to the unique needs of technical and operative staff. We also offered targeted mental health training for managers.

RESULTS

46%

Increase in feeling confident talking about mental health

100%

Would recommend the mental health training



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CASE STUDY

SUPPORTING MENTAL HEALTH IN MIAMI AND LATIN AMERICA (2021)



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“It’s been such a pleasure working with you on this. The Miami workshops were just what we were looking for. I knew it would benefit the other teams too”

— MIRELYS (PEOPLE & CULTURE DIRECTOR)

OBJECTIVE & SOLUTION

Our objective was to help senior leaders support the wellbeing and mental health of their teams. Leaders in the Miami and Latin American (Argentina, Columbia, and Mexico) offices had been hit hard by the pandemic. They needed an opportunity to reconnect and start to redefine the culture.

Our solution was to run a series of tailored and highly interactive training sessions for Senior Leaders and Line Managers. The training – delivered in English – was tailored to ensure it worked well for non-native speakers.

RESULTS

55

Leaders trained

“I just wanted to drop you a private note and let you know how much I needed that. It’s been a tough few months and this was such an amazing chance to talk to the rest of the team – some of them I’ve never actually connected with on anything not work related”

— WORKSHOP ATTENDEE (VP)



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CASE STUDY

HELPING SENIOR LEADERS RESHAPE THE CULTURE + HOLISTIC WELLBEING (2021-22)

“It’s been such a pleasure working with you on this. The Miami workshops were just what we were looking for. I knew it would benefit the other teams too”

— GINA (PEOPLE & CULTURE BUSINESS PARTNER)

OBJECTIVE & SOLUTION

Our objective was to help the UK Senior Leadership Team shape a better work-life balance for themselves and the broader UK team. We were also tasked with delivering an holistic wellbeing calendar with something for everyone.

Our solution was to run a 4-part training programme for senior leaders focused on setting healthy boundaries, building trust & communication, and building a better future. We also lined up a mix of experts to deliver keynote talks across sleep, nutrition, ED&I, mental health, and parenting.

RESULTS

89%

Of the Senior Leadership Team took positive action to improve the culture

“
It was like therapy”

Senior leaders describing the kick-off workshop in the training programme



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