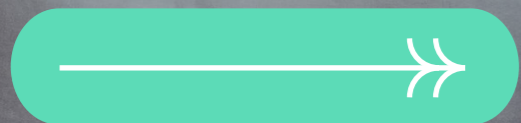


INNERFIT

HOW WE HELP A LITTLE BIT ABOUT US



HOW WE HELP

You're a People Leader.

You're dealing with performance issues, burnout risks, and retention challenges. You're short on time, tight on budget, and need more buy-in. We get it.

At Innerfit, we exist to help people feel well and work well.

How we help is designed to address the 4 biggest pain-points we see HR and People leaders grapple with day-in-day-out.

WE HELP YOU...



MAKE TIME



GET BUDGET + BUY-IN



HAVE AN IMPACT



MAKE IT STICK

WHAT WE DO

We deliver training and keynote talks that help you have a bigger impact on the bottom line.

We don't believe in one-size-fits-all solutions, so all our training is tailored to you.

We specialise in:

01. MENTAL HEALTH

02. LEADERSHIP

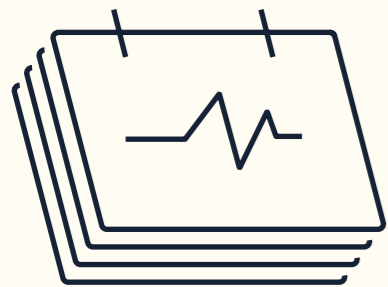
03. ED&I



01. MENTAL HEALTH

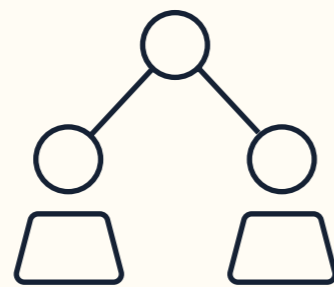
Where to start?

Our training is designed to help you:



LAY THE GROUNDWORK

Set the strategy and pin down policy / procedures. Evaluate existing support and map how to embed mental health.



EMBED MHFAIDERS®

Set the safety net; don't "box-tick" – do it properly. Ensure MHFAIDERS are active and embedded.



TRAIN MANAGERS

Raise the literacy bar and give them time to set the tone; help them feel confident and capable.



SPARK CONVERSATION

Weave mental health into the day-to-day and get people talking.



MAKE IT STICK

Keep knowledge current and skill levels high. Push the boundaries into positive psychology.

02. LEADERSHIP

Leadership skill gaps can prevent teams feeling, working, and performing well.

We offer 3-levels of training designed to help leaders and their teams:

01 ENGAGE

Create a climate of trust. Set boundaries between work and life. Engage new teammates from the word 'go' and help them feel significant, competent, and liked. Retain staff and bring the team together.

02 COLLABORATE

Delegate and empower. Create a sense of collaboration and help things click into place. Get out of the 'comfort zone' and front-up to difficult conversations. Share structured, regular, and effective feedback that helps teammates develop and grow.

03 PERFORM

Move the team from 'Good' to 'Great'. Unlock team strengths and coach for success. Focus on what is strong; not what is wrong. Get the team firing on all cylinders.



03. ED&I

Where to start?

Our approach is designed to help you:

LAY THE GROUNDWORK

Set the strategy. Pin down policy and procedures. Map out how to embed ED&I across the whole organisation. Build an active ED&I network.

SPARK CONVERSATION

“Is it okay?” Get a diverse mix of topics on the table. E.g. neurodiversity, LGBTQIA+, Disability, Gender, Race

TRAIN MANAGERS

Help leaders see things differently. Whether it's unconscious bias or ED&I Foundations - Get everyone on the same page.

ALLY-SHIP

Get everyone involved and committed. Empower and equip everyone to be an ally.



RESULTS

Here are some of the organisations we have worked with, and results we have delivered:

blue square

CNN



Bristows

MACFARLANES

CSOS

sky

Mindful Chef



NHS

97%
Will take action
to create a more
inclusive team

94%
Of Managers said the
training will help them
boost team productivity

+16%
Employee Net
Promoter Score

88%
Increase in
confidence having
difficult conversations

90%
Increase in
confidence talking
about mental health



“

Innerfit are an extension of the People team. In 3 months, we designed and delivered a culture programme that reached every person in the organisation. Staff turnover is down and our ENPS is up 16%. We now have buy-in at board level.”

GROUP PEOPLE DIRECTOR
KAIROS



A close-up photograph of a person's hand raised, wearing a watch and a ring. The background is a blurred indoor setting with warm lighting and other people in the distance.

INNERFIT

GET IN TOUCH

hello@innerfit.co.uk

www.innerfit.co.uk