

CASE STUDY

SHAPING CULTURE & LEADING REMOTELY



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OLIVIA SALVAGE
(JUNIOR PEOPLE PARTNER)

MATCHES FASHION

LUXURY FASHION RETAILER

Employees - 500+

HQ - London

“The Innerfit team support you with planning the right session for your team. Innerfit are available any time for advice, and we learnt a great deal from Innerfit and look forward to working together again.”

OBJECTIVE & SOLUTION

Our objective was to help 50 leaders positively shape and shift the culture of their teams and to equip them with the core skills needed to lead remotely.

Our solution – We hosted tailored training sessions designed to hit key learning outcomes. Workshops were interactive, action-oriented and designed to spark conversation and collaboration across teams.

RESULTS

“A robust training programme to get us on the path to wellbeing”

— GEORGIA (COMMUNICATIONS MANAGER), MATCHES FASHION

89/100

Score for “I found the facilitator engaging”

89/100

Score for “I found the facilitator had a strong knowledge of the material”

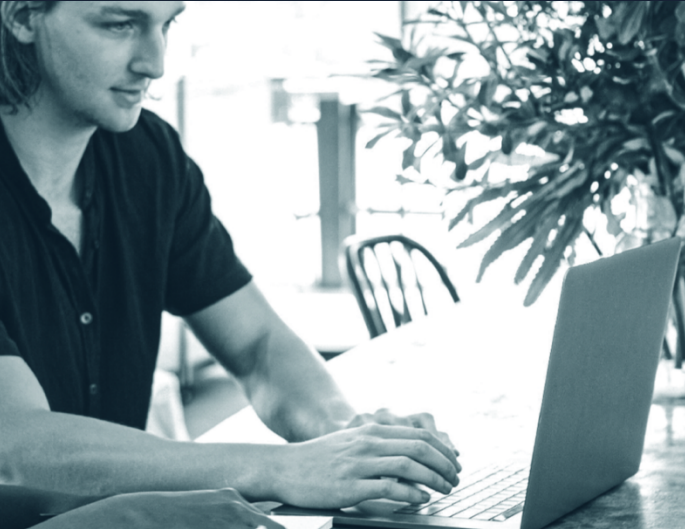
CASE STUDY

TRAINING MHFA



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"The session and reflections were thought provoking and evoke actionable change"

OBJECTIVE & SOLUTION

Our objective was to create a confident and capable group of Mental Health First Aiders

Our solution – We trained a cohort of 16 MHFAers from across different levels and offices.

RESULTS

"Absolutely incredible course. The content, the activities, the resources & importantly the instructor was brilliant. She built a great rapport with the group & was clearly so knowledgeable in all areas that she presented to us"

— MHFA TRAINING ATTENDEE

72%

Average increase in confidence talking about mental health

111%

Average increase in knowledge on the topic of mental health

"I now feel more compelled to talk about mental health with those around me and be a better support resource for people in need"

— MHFA TRAINING ATTENDEE