

## **The Sangha House -Offering Complete Corporate Wellbeing**

*End to End Health and Wellbeing Service for Corporates*

**Taunton— 23-11-19** — The Sangha House, Taunton’s premier Health and Wellbeing centre, today announced that it has rolled out a complete end to end package for corporates for their health and wellbeing requirements.

*“We take away the pain of organising activities and events related to health and wellbeing,” said Andy Spragg, Sangha House Director.*

### **Driver for Change**

Companies today are recognizing the pressures of competition and increasing burden on the employees and seeing that there is an ever-increasing occurrence of stress related illness. There are many holistic health organisations out in the marketplace to help with this challenge. However, the organization itself often do not have the time or resources to put the structured plan in place to combat this and then reach out to potentially multiple organisations, manage their delivery into the organization and address the challenge. The very act of addressing the challenge places an extra burden on generally HR departments when they are already having to work with a busy, successful organisation.

### **A Unique Ability to Offer Help.**

The Sangha House, now in its fourth year of trading has built up an extensive network of professionals in the health and wellbeing sector. We deliberately seek out people who have previously worked in the corporate world and therefore connect well with corporate clients. We are able to offer Yoga, Pilates, Tai Chi, Meditation, Mindfulness training, stress awareness and

management. On site therapies include chair based massage, reflexology and consultative therapies such as counselling and hypnotherapy. These can be provided wrapped up in wellbeing days or as individual weekly sessions.

To assist with the added burden of simply booking employees in for the provided sessions, we provide a free online booking portal, branded for the client which can be embedded easily within the clients intranet or hosted in a bespoke page by us. We provide reports from this, to the client, showing the number of staff attending sessions. The HR department can decide on whether to receive the names of the individuals.

### **Making a Difference in the South West**

As a company to date we have made a difference to the lives of many individuals. We have over 250 members in the house now, some who have just renewed for the 4<sup>th</sup> year running and some who have signed long term memberships for the next 5 years! *“The Sangha House in Taunton, beautiful place. I’ve had the most wonderful experience, turning my life around from ill health and the rigors of the corporate life” – Company Director Steve*

We now want to take this ability out into the corporate world to help employers work with their staff to cope with this fast paced life we have. Helping them to avoid stress and burnout. We are able to offer this right across the South West to companies in Wiltshire, Bristol, Somerset, Dorset, Devon and Cornwall. Just get in touch and let us lift the burden for your organization and employees.

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### **For Information**

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