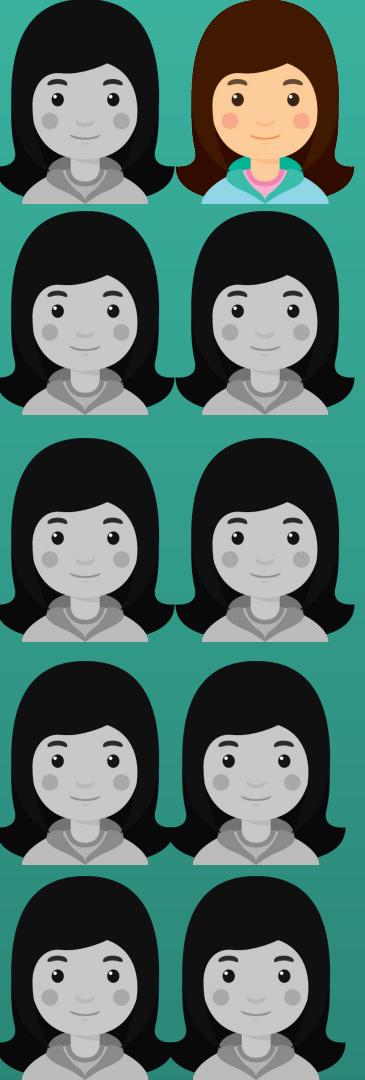


Wellnest

People-Centric Cultures &
Corporate Wellness Optimisation





Problem

Burnouts, disengagement & absenteeism are becoming epidemics.

In Belgium, **burnouts cost more than unemployment & 90%** of employees are **disengaged**.

Psychosocial risks assessments are expensive & leave employees disconnected from their organisation

No easy way exists to get a 360° overview of your teams' wellbeing levels & act upon it

Results are backed by science

Employees with **higher well-being** are:

38% more engaged

in their work & enjoy their work

42% more

Inclusive organizations that encourage people to be their whole, unique self at work are more successful:

6 x more likely to anticipate change,

8 x more likely to have better business outcomes

2.3 x higher cash-flow per employee

The Greatest Leaders Already Know It

"A healthy workforce is a productive workforce. Your company's results directly depend on your employees Well-being. Thus if you want to achieve sustainable success, you must support your employees' health & well-being." **Arianna Huffington, Founder of the Huffington Post**



"We should continue to innovate in our relationship with our employees and figure out the best things we can do for them." **Larry Page, Google CEO**

CEOs & HRs currently try to address the problem as they can



Expensive

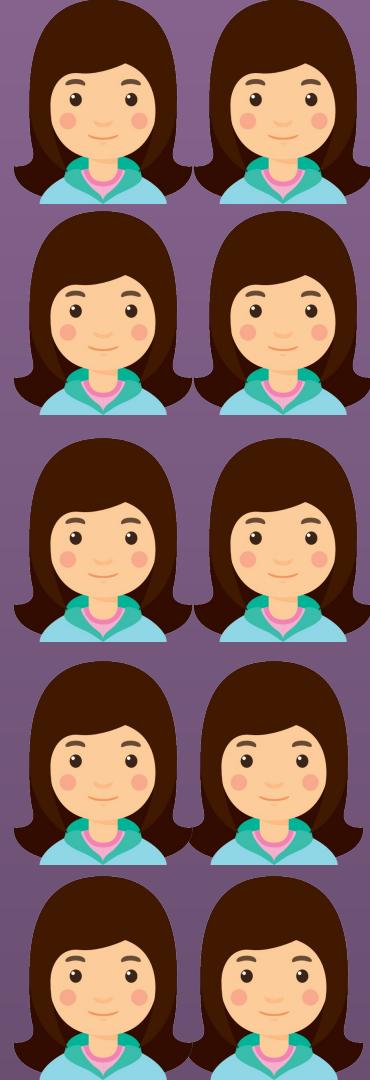
Time consuming

Lack of agility

Onsite only

The Wellnest Solution...

- An **easy way to get a 360° overview** of your teams' wellbeing levels & engagement
- **Clear action plan**, based on data
- An ecosystem with **the best wellness professionals** on demand
- A solution **supporting people-centric cultures, engagement at work**, and addressing each employee as unique
- A **collective intelligence** tool that supports new management styles, automates and optimises your processes



Wellnest's Real Time Validation Cycle

Process

Assess & Analyse

- Select your wellness pillars and push science-based questions on a regular basis
- Access your teams' well-being levels in real time to drive your decision-making processes



Get feedback & validate

- Make sure your plan is working by constantly collecting employees' feedback

Connect & Implement

- Spot your ambassadors to implement solutions or get connected to the best professionals in your area

Holistic | 360°

Approach

Human beings are complex and all different.

That's why **Wellnest's** holistic approach allows you to address your people and their well-being at 360°.

That means that you don't limit well-being to physical exercise or engagement at work only. Every person is addressed as a whole, with her work-life balance, health, self-development, passions, social life, work and more...

For wellness each pillar, you can access certified sets of questions to make sure you understand your teams on a deeper level. You can also create your own pillars with your own questions for specific topics, such as "*team motivation around project X*". At Wellnest, we know that addressing well-being in a holistic way is the only way to get sustainable results. Our approach is backed by the latest researches in neuroscience and psychology, the work of Dr Rob Yeung and the Institute For Integrative Nutrition.

And each area is tackled in different ways. Via challenges, content and information, courses, workshops, skill sharing, group classes, treatments, products and more. Both on and off-site.





Quick, targeted assessments (Step 1)

Use our expertise and best practises:

- Quick but regular assessments
- Schedule and push question sets when you want

Wellnest stays 100% flexible to adjust to your company needs.

The screenshot shows a mobile application interface for 'wellnest'. At the top, it displays the brand name 'wellnest' and the progress 'Étape 7/12'. Below this, the section title 'Développement Personnel / De Carrière' is visible. The main content area contains several dropdown menus with French text, likely for rating statements. The background of the app shows a blurred image of a person's legs and feet resting on a surface.

Je suis content(e) de là où j'en suis dans la vie

Il y a des choses sur lesquelles je dois travailler pour obtenir une meilleure qualité de vie

Je trouve que mon employeur utilise, supporte et explore mon potentiel

Mon employeur supporte le développement de mes talents et de mes compétences

Je suis totalement épanoui(e) dans mon job actuel

Je trouve que ma charge de travail actuelle est saine et gérable

J'ai le sentiment de faire du 'sur-place' dans ma vie actuelle et je ne sais pas comment / où chercher conseil

Manage your assessments from A to Z (Step 1)

The screenshot shows a digital interface for managing assessments. On the left, a vertical sidebar contains icons for navigation: a green circle with a white 'W', a clock, a calendar, a document, a person, a list, a gear, and a house. The main area displays a list titled 'Audit de départ' under 'Audit Pages / Sections'. The list includes:

- Questions générales
- Nutrition
- Nutrition - Intérêt
- Activité Physique
- Activité Physique - Intérêt
- Développement Personnel / De Carrière

Each item has a small circular icon to its left (grey, green, red, green, red, yellow) and three action icons (trash, edit, copy) to its right. Below this section is another titled 'Questions' with a similar structure.

Select your pillars,
choose from our
existing assessments
or add your questions:

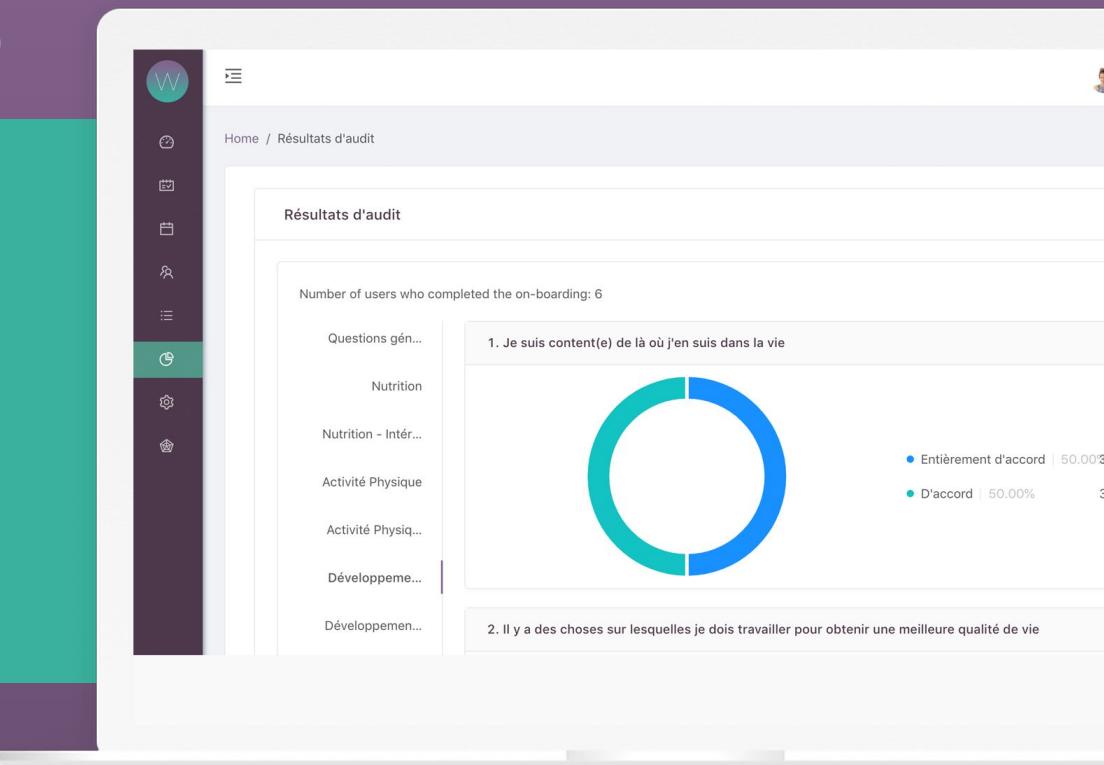
- Open
- Scale
- Vote



Detailed reporting for HR and Managers

(Step 1)

- Real-time reporting
- Reporting for each question
- Collect feedback and anonymous open questions
- Follow trends, spot risks and problems quickly
- Benchmarking





Employee's Wellnest dashboard (Step 2)

Employees' dashboard to

- Track their results
- Compare to their collaborators
- See and book wellness activities
- Get targeted content for their specific needs

The screenshot shows the Wellnest dashboard interface. At the top, there is a purple header bar with the word "wellnest" in white. To the right of the header are three navigation links: "ACCUEIL", "RÉSERVATIONS", and "MESSAGES". Below the header, the main content area has a light gray background. On the left, there is a sidebar with four tabs: "Bienvenue", "Vos activités", "Activités disponibles", and "Wellnest Levels". The "Wellnest Levels" tab is currently selected, indicated by an underline. In the center of the screen is a large, semi-transparent 3D pie chart. The chart is divided into five segments, each representing a different aspect of wellness. The segments are labeled clockwise from the top: "Développement Personnel / De Carrière" (yellow), "Activité Physique" (pink), "Vie Sociale" (light blue), "Nutrition" (green), and "Spiritualité & Pleine Conscience" (purple). Above the pie chart, there are two small buttons: a dark purple one labeled "Vous" and a light gray one labeled "Votre Société(7)".

Desktop + Mobile (Step 2)



The image displays a desktop computer screen and two smartphones, illustrating a multi-device user experience. The desktop screen shows a navigation bar with 'ACCUEIL', 'RÉSERVATIONS', 'MESSAGES', and a profile picture. Below this is a main content area titled 'Home' with sections for 'Bienvenue', 'Vos activités', 'Activités disponibles', and 'Wellness Levels'. A purple pentagon icon is centered, surrounded by text labels: 'Développement Personnel / De Carrrière' (top), 'Spiritualité & Pleine Conscience' (left), 'Nutrition' (bottom-left), 'Vie Sociale' (bottom-right), and 'Activité Physique' (right). The smartphones show a 'Home' screen with activity lists and a 'Past 30 Days' bar chart.

Avoid mass emailing with:

- Targeted Push notifications
- Personalised tips and advices
- Ratings and review system
- Collective intelligence

Implement solutions (Step 2)



wellnest

ACCUEIL RÉSERVATIONS MESSAGES



Home

Bienvenue

Vos activités

Activités disponibles

Wellnest Levels

- jeudi 24 janv., from 7:00pm until 7:45pm



Guided Meditation Session avec Pauline
45min guided meditation

> Voir les détails

★★★★★ 0
① 45 🚧 0/15

Réserver

- mardi 29 janv., from 10:00am until 11:00am



Vinyasa Flow Yoga Class avec Pauline
60 min Vinyasa Yoga Break

> Voir les détails

★★★★★ 0
① 60 🚧 0/25

Réserver

- mercredi 30 janv., from 7:00pm until 7:45pm



Guided Meditation Session avec Pauline
45min guided meditation

> Voir les détails

★★★★★ 0
① 45 🚧 0/15

Réserver

- jeudi 31 janv. from 7:00pm until 7:45pm

Implement solutions:

- Through the best professionals in your area
- Via ambassadors' initiatives
- On-site and off-site
- Give Wellnest credits



Make sure your solutions work (Step 3)

The 2-sided platform allows:

- Activities feedback and ratings
- Employees' suggestions
- Employees' initiatives
- Participations & successes
- Online coaching

The screenshot shows a web application interface for 'wellnest'. At the top, there's a purple header bar with the 'wellnest' logo. To the right of the logo are three buttons: 'ACCUEIL', 'EXPLORER', and 'RÉSERVATIONS'. Below the header, a service listing is displayed for 'méditation en entreprise' offered by 'Daphné'. The listing includes a circular profile picture of two people, a rating of 360 reviews and 20 participants, a 5-star rating with 1 review, a price of € 480 EUR, and a promotional offer of 'Essai 95 EUR'. Below the listing, there are two tabs: 'Info' and 'Commentaires'. Under the 'Commentaires' tab, a comment from a user named 'Pauline' is shown, featuring her profile picture, a 5-star rating, and the text: 'La méditation guidée avec Daphné a été une super expérience. Je la recommande vivement.' followed by the date '25 février 2019'. At the bottom of the page are two buttons: 'Retour' and 'Envoi Demande'.

The Wellnest Solution

Key features

360° assessment & Collective Intelligence

- Reporting
- Booking system
- Benchmarks
- *Budget management*
- *Wellnest credits*

This screenshot shows a dashboard titled "Résultats d'audit". It includes a pie chart showing the number of users who completed onboarding: 99.8% are "Entièrement d'accord" and 0.2% are "D'accord". Below the chart is a section titled "2. Il y a des choses sur lesquelles je dois travailler pour obtenir une meilleure qualité de vie" with a list of items.

Ecosystem & Marketplace

- 2-sided platform (connected with professionals)
- Rating system
- Feedback
- Voting system

This screenshot shows the "Home" page of the Wellnest platform. It features a "Bienvenue" section with a "Vos activités" summary and a "Activités disponibles" section listing three guided meditation sessions. A "Wellness Levels" section is also visible.

Integrated Communication & Artificial Intelligence

- Personalized, targeted communications/notifications
- Content
- Skill sharing
- Challenges / intelligent coaching

This screenshot shows the "Wellness Levels" section of the Wellnest platform. It displays a circular "Développement Personnel / De Carrière" chart with segments for Nutrition, Activité Physique, Vie Sociale, and Vie Professionnelle. A "Wellness Coach" icon is visible at the bottom right.

Wellnest's Vision

The goal of **Wellnest** is to bring well-being back into the workplace in order to prevent high stress levels and burnouts.

Wellnest wants to put human beings at the center of the decision making process and create corporate cultures in which vibrant physicality and responsibility for one's health and wellbeing is promoted and admired. To us, it's the only way to support the (re)creation of a healthy, happy and fulfilled workforce.

You can read more about **Wellnest** [by visiting its website here](#).