

Living well. Working well.

Support your people through the changes
that affect working life.

Digital wellbeing hubs. Practical tools.
Support shaped around your workforce.

MENOPAUSE / NEURODIVERGENCE / MOTHERHOOD
HEALTHY AGEING / CARING / WORK FIT

Choose one hub. Build a package. Explore a paid pilot.

THE WORKPLACE OPPORTUNITY

People bring their whole lives to work.

The support available should recognise that.

Menopause, neurodivergence, pregnancy, caring responsibilities and changes in health can all affect working life. People may need help understanding their needs, finding useful information or preparing a conversation about support.

Living Well Partners brings topic-focused digital hubs and practical tools together, so organisations can offer support around the needs of their workforce.

UNDERSTANDING

Help people make sense of their experiences and recognise the support they may need.

CONFIDENCE

Provide space for reflection and preparation for constructive workplace conversations.

CONTINUITY

Offer digital resources people can return to alongside existing workplace provision.

Designed to complement your existing wellbeing and people services.

Support through change.

01 Menopause

Support through perimenopause, menopause and postmenopause, with information, guided tools and digital coaching to help people understand their needs.

Workplace focus Wellbeing, confidence and preparation for conversations about support.

02 Neurodivergence

Tools to explore individual needs, recognise barriers and reflect on communication, confidence and work fit.

Workplace focus Understanding differences and preparing discussions about helpful adjustments.

03 Pregnancy & Motherhood

Support through pregnancy, motherhood and the transition back to work, recognising changes in wellbeing, identity and everyday responsibilities.

Workplace focus Continuity of support across pregnancy, leave and returning to work.

Support across working life.

04 Healthy Ageing

Support through midlife and later working life, with tools for reflection on wellbeing and changing needs.

Workplace focus Maintaining confidence and planning for changing circumstances.

05 Dementia & Caring

Information and practical support for employees caring for someone with dementia, recognising the effect caring can have on their own lives.

Workplace focus Supporting working carers alongside their responsibilities at home.

06 Right Work for You

Tools to explore what helps someone work well, identify barriers and prepare constructive conversations about staying in work or returning after absence.

Workplace focus Work fit, communication and sustainable participation in work.

A PACKAGE THAT FITS

Start with what your people need.

Choose a focused offer or bring several areas of support together. Scope, licence numbers and any additional services are agreed before you begin.

01 Individual hub licences

Address a specific workforce need with access to your selected hub.

02 Combined workplace packages

Bring relevant hubs together within an agreed organisational package.

03 Paid organisational pilots

Introduce a defined offer to an agreed group, with a review plan and clear next steps.

SUPPORT FOR MANAGERS

Leadership Development

Structured learning and reflection for managers. Discuss how this could sit alongside your selected wellbeing hubs.

Training, consultancy and bespoke development can be scoped separately.

LET'S TALK ABOUT YOUR WORKFORCE

Make support part of everyday working life.

A conversation is the first step.

Tell us who you want to support, what is already in place and where the gaps are. We can demonstrate the relevant hubs and discuss a licence package or paid pilot.

01 Book a demonstration

02 Discuss a paid pilot

03 Request an organisational quote

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Digital coaches are AI-based. Hubs provide wellbeing information and support; they do not replace medical advice, diagnosis or treatment. Organisational access and services are subject to an agreed scope.