

LPPA Case Study

"Boosting Employee Well-Being and Engagement: How LPPA Benefited from Health and Well-being Sessions with Health Steps"

At a glance

LPPA partnered with Health Steps to deliver a series of 45-minute well-being sessions including topics such as breathing, relaxation, desk and chair yoga, women's health and nutrition and men's health (covering mental health, prostate, cardio vascular and fertility). These sessions provided employees with practical tools and actionable insights fostering a proactive approach to workplace wellbeing

Key metrics

Over 90% of attendees actively engaged with the sessions, as demonstrated by live polling and Q&A data. This high engagement reflects the relevance and practical impact of our approach to workplace well-being. With 2.5 million people in the UK unable to work due to ill health, our tailored sessions aim to address this critical issue by supporting employee health and productivity



2.5 MILLION
People cannot work
due to ill health



4.9 OUT 5
Average session
ratings



HEALTH STEPS

TRANSFORMING
WORKPLACE HEALTH, ONE
BUSINESS AT A TIME



www.healthsteps.co.uk



Rossendale, Lancashire

CHALLENGES

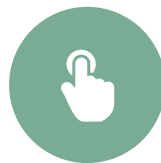


LPPA recognised that their existing well-being initiatives were no longer resonating with employees and sought a fresh, innovative approach. As a Lancashire-based organisation, they wanted to support a local service provider while increasing engagement during sessions. Their goal was to empower their team to prioritise health and well-being, enabling them to bring their best selves to work.

SOLUTIONS



Health Steps delivered 45-minute well-being sessions designed to engage employees and empower them with practical tools to improve their health and productivity



**Practical
Tools**



**Tailored
Topics**



**Enhanced
Engagement**

BENEFITS



Enhanced Engagement

1

Achieved over 90% participation and active involvement from those attending the sessions, demonstrating the sessions' effectiveness in capturing attention and encouraging interaction

2

Practical Health Tools

Equipped employees with actionable strategies such as relaxation techniques, desk yoga and nutrition tips that can be applied immediately

3

Holistic Workplace Well-being

Supported a culture of proactive health by addressing key topics like men's health, aligning with LPPA's goals for healthier, happier workforce