

RTS Case Study

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

At a glance

RTS partnered with Health Steps in 2023 to provide 1:1 private health coaching to members of their team who received a diagnosis of prostate cancer. The partnership has strengthened since then, as we continue to work together on their key health and well-being initiatives. RTS asked Health Steps to deliver a hugely successful Well-being Festival as a one off project, and we now attend their HQ every quarter to deliver health and well-being workshops

Key metrics

HR Director Jayne said "I don't think we should underestimate the power of yesterdays session" About the cancer awareness session held November 2024

HR Manager Heather said "We partner with Health Steps because they are flexible, reliable and deliver high quality, impactful services that we have come to rely on.



2.5 MILLION
People cannot work due to ill health



5 OUT 5
Average session ratings



HEALTH STEPS

TRANSFORMING
WORKPLACE HEALTH, ONE
BUSINESS AT A TIME



www.healthsteps.co.uk



Rosendale, Lancashire

CHALLENGES



The RTS HR team are a busy, small team looking to partner with a local business who could act as a one-stop-shop for health and well-being services including private 1:1 health coaching, arranging well-being events and providing continuous services to help embed a culture of well-being in the heart of their business

SOLUTIONS



- Private 1:1 health coaching
- Arranging well-being events
- Delivering optional well-being sessions every quarter for the whole business



**Practical
Tools**



**Tailored
Topics**



**Enhanced
Engagement**

BENEFITS



1

Practical Health Tools

Equipped employees with actionable strategies that can be applied immediately to improve their own health and well-being

2

Creating a Culture of Well-being

By addressing key topics like prostate health, dealing with cancer in the workplace, the importance of prioritising health and well-being at an individual level

3

Increased Engagement

People supporting each other to achieve their health goals by walking together during lunch breaks, helping each other and showing a genuine interest in well-being of colleagues. Creating a psychologically safe workplace