



B.ME B.WE

*Holistic, medically led
well-being practices —
passionately designed
to enrich and uplift
the lives of yourself
& those around you.*



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Everything in
Moderation*

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Why Do We Need Well-being In The Workplace?

67%

of employees experience moderate to high levels of stress

60%

of employees feel anxious

1 in 5

employees experience reduced productivity due to poor mental health

86%

of employees are more likely to leave their job
if it does not support their wellbeing

Wellbeing for your Employees

Our employees' wellbeing directly impacts their productivity.

Are you searching for ways to enhance your employees' productivity and satisfaction?

67% *Of Chief HR Officers face a staff retention problem - with stress and burnout the most common reasons for leaving.*

True wellbeing isn't simply about showering your staff with yoga classes and mental health schemes. It's about teaching your staff how to properly nurture both body and spirit. We've seen the transformative impact resulting from the interplay of mental, physical and social wellbeing of staff firsthand.

*Now we'd like to share your knowledge
and experience with your team*



Offerings

- Online Training Programmes
- Corporate Well-being Retreats
- Medically Led, Customised Corporate Well-being Programmes
- Well-being Workshops



Our Key Speakers



Dr. Sanjay Gupta

Consultant Cardiologist and Heart Specialist



Dr. Karim Stavron

MBChB, MRCPsych,
Dip FMH



Kassia Richter

Psychologist, Founder
of Wellbeing Strategist



Ahmed Khalil

General Manager Bapco



Teodore Ardeleanu

Founder of Kitrain

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Everything in Moderation

THE B.ME B.WE MOTTO

In-Person Workshops

Effective Communication and Collaboration in the Workplace

Enhance your communication skills to foster better collaboration and teamwork. This workshop covers active listening, conflict resolution, and creating a culture of open and constructive feedback.

How Holistic Well-Being Elevates Performance & Productivity

Holistic well-being integrates physical, mental, and emotional health, creating a balanced environment that enhances overall performance and productivity. By addressing the complete well-being of employees, organisations foster a more engaged and efficient workforce, leading to higher job satisfaction, reduced absenteeism, and improved outcomes.

Holistic Leadership: A Tool for Enhancing Leader Well-Being

Equip leaders with strategies to improve their physical, mental, and emotional health, ensuring they can lead with clarity, resilience, and empathy in today's demanding corporate environment.

Occupational Health: Fitness & Well-Being

Integrating fitness and well-being practices into the workplace promotes health, productivity, and employee engagement. By incorporating physical activity, mental health support, and wellness initiatives, organizations foster a more energized, focused, and satisfied workforce. This holistic approach reduces absenteeism and boosts performance while supporting employees in achieving their health goals.



Online Training Programmes

Get Well Soon: A Guide to a Faster Recovery from Injury/Accident/Surgery

With Speaker: Teodore Ardeleanu

Discover a variety of unique techniques and practices to accelerate your healing. Learn how to handle your pain during the healing process and how you can benefit from it.

Positive Thinking & Human Behaviour

With Speaker: Teodore Ardeleanu

Discover how positive human behavior drives the well-being economy. Learn the impact of well-being practices on personal fulfillment and societal growth, and explore how living a balanced, purposeful life contributes to a thriving economy.

Holistic Well-Being Ambassador Training:

With Speaker: Teodore Ardeleanu

Become an ambassador for holistic well-being with our specialised online training. Learn to promote comprehensive health strategies, empower individuals, and foster a culture of well-being in your community or workplace.

Combat Panic: Online Training Course

With Speaker: Teodore Ardeleanu

Master practical techniques to overcome panic and anxiety through our comprehensive online training. Learn how to manage stress effectively and regain control, ensuring a calmer, more balanced life.

Well-Being Transformation: Your Unique Blueprint

Uncover the secrets within your genes at our Well-Being Transformation Workshop. Explore how your family tree, lifestyle, and environment shape your personal well-being journey. Harness the power of your genetic blueprint to create a tailored path to optimal health and happiness.



Well-Being Retreats





Take your team on one of our exclusive well-being retreats, set in breathtaking locations. Experience guided yoga, meditation, holistic treatments and gourmet nutrition, revolutionising your team's well-being and supercharging their productivity.

In a supportive environment, reduce stress, cultivate inner balance and achieve personal growth.



Embark on a Transformative Journey:

Join Our Immersive 1 or 2-Day Retreats



Package 1

- Strengthen Your Employee Value Proposition
- Boost Employee Engagement: Implement strategies to increase motivation and involvement.
- Cultivate Loyalty: Develop practices that encourage long-term commitment and satisfaction.
- Reduce Absenteeism and Presenteeism: Learn effective actions to minimise time off and maximise productivity.



Package 2

- 1-Day or 2-Day Retreats: Tailored to fit your company's schedule and needs.
- Promoting Work-Life Balance: Strategies to achieve harmony
- Recognising and Addressing Burnout: Signs of burnout and implementing effective solutions.
- Building a Culture of Well-Being: Creating an environment that prioritises health and happiness.
- Encouraging Professional Growth: Offering tools and opportunities for career advancement.
- Providing Resources and Support



Package 3

- Foster a Culture of Well-Being: Create an environment where employee health and happiness are prioritised.

+ Includes
Package
1 & 2



About Us



Meet Rachel

The Visionary Behind B.Me B.We and the 9 Sacred Pillars

Triathlete and sports nutritionist Rachel has turned her passion for holistic well-being into leadership in personal development. Inspired by her Mediterranean roots, she has seen how good nutrition and a stress-free lifestyle transforms lives. Her experience, including leading a well-being initiative for a Middle Eastern oil giant, led to the creation of B.Me B.We. Connect with Rachel to elevate your personal, emotional, physical, and intellectual growth, unlocking your highest potential.

“Thank you, Rachel, for inspiring me and others in adopting a healthy lifestyle. Your professionalism and instructions have significantly change my life, helping me maintain a healthy routine.”



Meet Dr. Trous

Co-Founder of B.Me B.We

A seasoned medical expert with over 30 years of experience, dedicated to helping you unlock a healthier, happier lifestyle and abundance in every area of your life. Creator of the hugely successful “Well-being for Life” program at one of the Middle East's leading oil companies, Dr. Trous blends his expertise and experience with diverse cultures and communities to elevate your physical and mental well-being. Join Dr. Trous and take your life to the next level!

“Dr. Trous has proven his professionalism and genuine care for his staff and patients. He sets a great example as a doctor who motivates everyone working with him.”

Testimonials

“Thank you for your unwavering commitment to our well-being and for providing such exceptional support.”

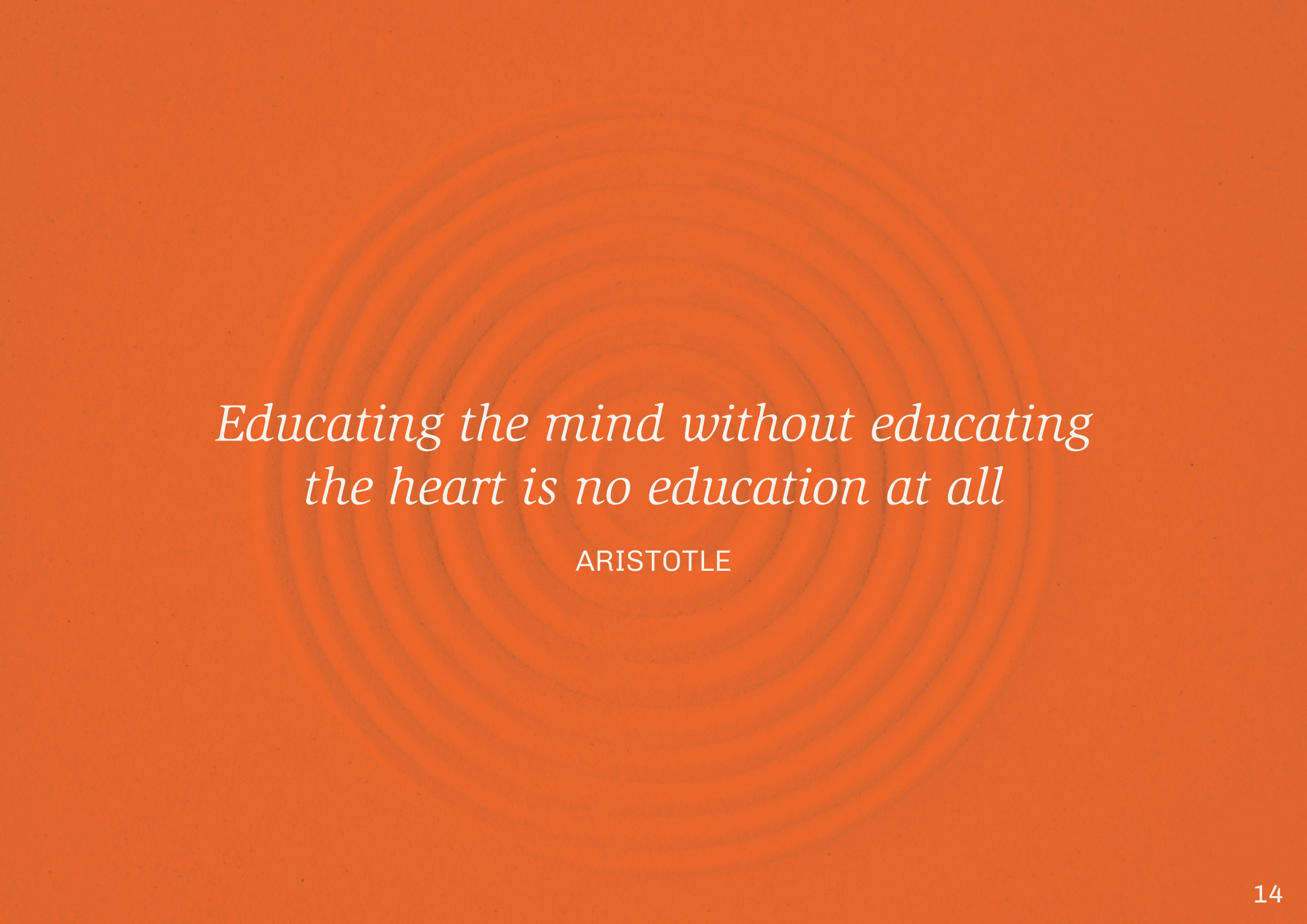
“The professional approach and positive attitude of the B.Me B.We team has made a remarkable difference for all of us on the Well Being for Life programme.”

“B.Me B.We have created a nurturing environment that has been truly transformative, helping myself and many others to thrive!”

“I am deeply grateful to Rachel and the team for inspiring me to embrace a much healthier lifestyle. Thank you for your guidance and relentless effort.”

“Dr Trous exemplifies professionalism and compassion in the medical field. The Well-Being programme that he has spearheaded profoundly improved my life.”

“I learnt so much about my skin and diet and how these affect my life. The things I’ve learnt will stay with me forever.”

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*Educating the mind without educating
the heart is no education at all*

ARISTOTLE

We're looking forward to welcoming you to our corporate well-being programme — Take yourself and your team on a journey toward greater wellbeing, and experience the proven benefits of nourishing mind, body and spirit truly materialising within your workplace.

Together, let's embrace a path of growth, balance and renewal. See you soon!



bmebwewellbeing.com



07727231685





B.ME B.WE