

Wellnest, the cure to the burnout epidemic

It's time to stop thinking that in order to be more productive and efficient we've got to put more pressure on our employees and work longer hours!

WELLNEST is a new online platform that solves pressuring HR challenges for a brighter future, not only for companies but also for employees. One of the key features of the platform is to constantly audit and analyze companies' well-being levels, which allows the platform to create tailored-made corporate wellness strategies that address employees' specific needs.

Wellnest then helps HR and well-being managers implement their optimal well-being strategy by connecting them with the best wellness professionals in their area, which saves them considerable time in research, communication and organisation. Finally, Wellnest also measures results and ROI, so that companies know exactly what works, what doesn't and when to adjust if needed. *"This is the only way to reach sustainable success both on a personal level (employees) and on a corporate level (for the company itself)"* explains Pauline Hanuise, Wellnest's Co-Founder and CEO.

Stress and burnout have become worldwide epidemics.

In the UK alone, stress results in 105 lost workdays each year. Across developed countries, stress and burnouts have been on the rise over the past decade. Not to mention workplace suicides in big European corporations, which clearly show we've gone too far... in the wrong direction.

Researches show the relationship between overwork and loss of productivity is consistent. So, why asking your employees to work more while you could promote activities that increase focus and productivity instead?

Unfortunately, the new trend of throwing a lunch time yoga class or a mindfulness workshop here and there without carefully implementing and tracking a well-thought long-term strategy is just not enough to solve the problem!

Wellnest finally offers a solution that addresses the root cause.

We have to face the reality. In order to be efficient and profitable, companies need their employees to be at their best. Fulfilled, healthy and happy.

*"It turns out employers and employees have the exact same goal: **functioning at their highest potential**",* explains Pauline. A person well rested, healthy, happy and fulfilled will naturally be more effective, more positive, more creative and more productive, without working longer hours.

Modern employers have already understood that it was part of their responsibilities to trigger that change in the workplace, where people spend most of their time. They know that if they create a healthy and happy workforce, their results will automatically follow.

Wellnest is the tool that allows them reach that goal by optimizing and automating the whole process.

This life-changing platform is currently available in private beta and is officially launching in T4 2018. Companies can even request a free test-drive of the platform by contacting Wellnest's team via try@wellnest.be.

Contact

Pauline Hanuise - Co-Founder & CEO | +32 470 55 29 71 | pauline@wellnest.be | wellnest.be