



## My Beauty Squad - Wellbeing at Work

The majority of us will spend a third of our adult lives in the workplace. That's a significant amount of time spent working, so how we feel whilst at our jobs impacts greatly on our day.

It affects our mood and our feelings even when we're not in the office. It also has been known to affect our relationships, if we are stressed, how we sleep at night and worst of all our overall mental health.

Often, the average employee, spends the entire week counting down the days until the weekend (Sound familiar?). Once the midweek "hump day" arrives, that's just two more days until the Friday feeling kicks in and everyone's in a great mood! The weekend goes in a flash and before you know it, you have the "Monday Morning blues" and you're back waiting for Friday again.

Creating a healthy workplace is something employees are becoming much more aware about and realising the benefits of. Companies are implementing strategies that help to relax and engage employees, allowing them to feel good about coming into work and in turn, employers are getting the most out of their staff.



The benefits of having employee wellbeing in companies have been highlighted by numerous studies. According to these, wellbeing at work fosters better team morale and engagement, a healthier and more inclusive culture, lower sickness absence, improved productivity, enhanced employer brand, reduced work-related stress and better staff retention (CIPD Health and Wellbeing at Work May 2018 Survey).

My Beauty Squad have created a corporate membership that enables companies to treat their staff to some in-office pampering for the day or ongoing services to use throughout the year at discounted rates. We build a completely bespoke login system for staff to use independently to book treatments at the office, such as nails, hair, massage and makeup. We also cater to larger events and set up express hair, makeup and nails stations for Summer/Christmas parties, charity events, launch parties or just as an office treat. For more information about My Beauty Squad Corporate services, contact us at [corporate@mybeautysquad.com](mailto:corporate@mybeautysquad.com) or call 020 3657 7033.