



For Businesses, Charities and Educational sectors.

HR Wellbeing Consultancy & Strategic Support

Building healthier workplaces through strategic HR expertise, compassionate leadership and sustainable wellbeing solutions.

Seed Wellbeing® is a registered trademark as of March 2026



Our Core Principles

At Seed Wellbeing, our four core principles are more than guidelines; they shape how we think, partner and deliver meaningful change. They ensure our work stays human, strategic and grounded in long-term impact. Our expert support has been designed to create meaningful impact by aligning wellbeing with organisational and educational culture.

Our Four Principles:

1. Grow Together

We believe wellbeing and performance are strengthened through connection and shared responsibility. Growth is most powerful when it happens collectively, building trust, collaboration and a culture where people support one another. Through shared learning across mental health awareness, wellbeing practices, financial confidence, and leadership development, individuals and teams build a common language around wellbeing. This strengthens collaboration, trust and accountability, enabling teams to grow together rather than in isolation.

2. Human First

Each module recognises employees as whole people. By addressing mental, emotional, physical and financial wellbeing, the program improves confidence, resilience, and self-awareness. People are the foundation of every organisation's success. By placing human experience at the centre of strategy, leadership and culture, we help organisations create environments where individuals feel valued, supported and able to do their best work.

3. Transformative Change

We work with organisations committed to rewriting the norms around workplace wellbeing. Real transformation demands clarity, responsibility and the determination to build cultures that genuinely elevate their people. Lasting impact requires more than surface-level initiatives. This pillar reflects our commitment to deep, sustainable cultural change that shifts behaviours, mindsets and systems, embedding wellbeing into the way organisations truly operate.

4. Authentic Connection

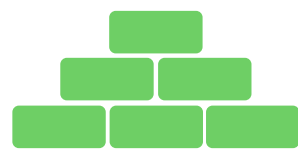
Real progress starts with honest conversation and psychological safety. We lead with honesty and approachability, creating spaces where people feel safe, respected and genuinely understood. We show up as we are and expect the same from the organisations we partner with, because real progress starts with real conversations.

WHAT IS OFFERED IN OUR SUPPORT PLAN?

1 A REVIEW

We support a comprehensive review of your existing wellbeing strategy and initiatives to identify strengths, gaps, and opportunities for improvement. This includes evaluating policies and procedures relating to mental health, wellbeing, absence management and reasonable adjustments, ensuring that all reflects best practice.

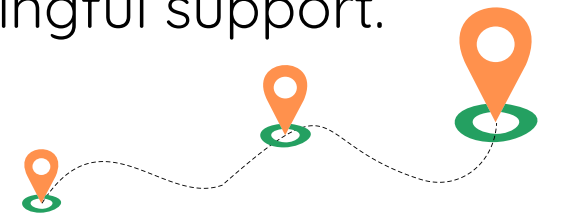
3 STRATEGY BUILDING



We support you to align wellbeing objectives with wider business priorities, ensuring your strategy delivers meaningful outcomes for employees and the organisation. Through expert recommendations on leadership development, communication, engagement and campaigns, embedding wellbeing into your culture.

2 THE ROAD MAP

We analyse Employee Assistance Programme (EAP) engagement alongside your wider wellbeing provision to identify opportunities to improve awareness, accessibility and utilisation. Using these insights, we develop a tailored wellbeing roadmap with clear, achievable actions aligned to your organisational priorities—providing a strategic framework for embedding wellbeing, measuring progress, and delivering meaningful support.



4 EXPERT GUIDANCE

We provide expert advice on creating psychologically safe workplace cultures where employees feel empowered to speak openly, seek support early, and thrive. We help organisations confidently support employees experiencing mental health challenges, stress, burnout, or neurodiversity-related needs, enabling leaders to respond proactively and foster a culture of inclusion, wellbeing, and resilience.



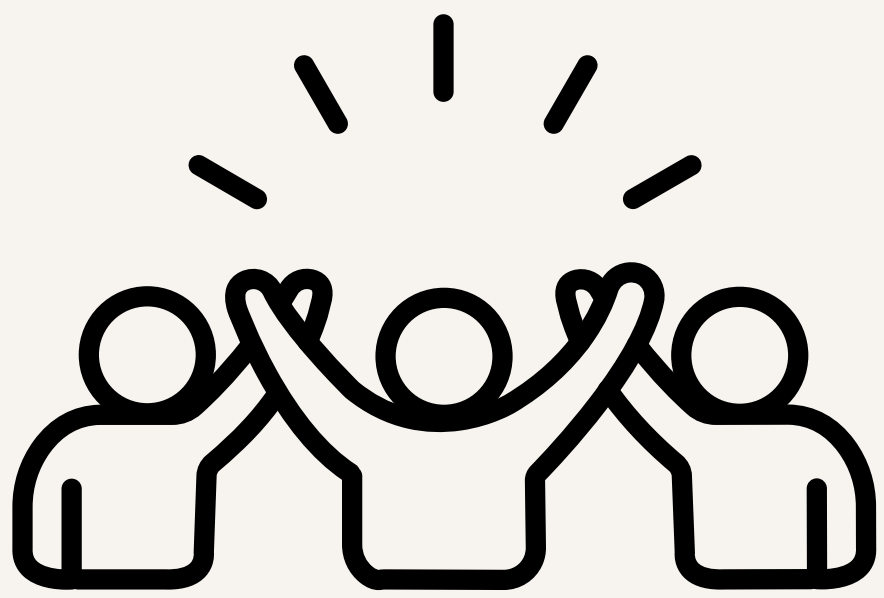
5 COACHING & SUPPORT

While embedded within your organisation, our specialists provide confidential coaching and expert guidance to managers and HR professionals, building the confidence and capability to navigate complex wellbeing conversations, manage sensitive employee situations and make informed, compassionate decisions.

6 IMPLEMENTATION

Acting as an extension of your HR team, we offer proactive, evidence-based advice that enables organisations to confidently manage complex employee wellbeing matters, foster a positive workplace culture, and implement sustainable solutions that support both employee wellbeing and business performance.





HR Wellbeing Consultancy

Embedded Strategic Support

Creating a mentally healthy workplace requires more than standalone wellbeing initiatives. It demands a strategic, evidence-based approach that aligns people practices, leadership capability, organisational culture, and business objectives.

At Seed Wellbeing, we provide bespoke HR consultancy to help organisations strengthen their approach to employee wellbeing, mental health, and people management, ensuring wellbeing becomes embedded within the culture rather than existing as a series of isolated initiatives.

Whether your organisation is at the beginning of its wellbeing journey or has an established programme in place, we work collaboratively with HR teams and senior leaders to identify opportunities for improvement, close gaps in provision, and develop practical, sustainable strategies that meet the evolving needs of your workforce.

Our consultancy is tailored to the unique challenges, culture, and objectives of your organisation. Through a combination of strategic review, expert guidance, leadership support, and practical implementation, we help organisations create environments where employees feel supported, managers feel confident, and wellbeing is integrated into everyday working practices.

As experienced HR and workplace wellbeing specialists, we understand the complex balance between supporting employee wellbeing, meeting legal and ethical responsibilities, and achieving organisational performance. We provide trusted, commercially aware advice that enables leaders and HR professionals to make informed decisions while fostering psychologically safe, inclusive, and high-performing workplaces.

What are the benefits for your organisation?

At Seed Wellbeing, we believe that the most successful organisations are those where people and performance are viewed as complementary priorities. Our HR Wellbeing Consultancy provides the expertise, strategic insight, and practical support needed to create healthier workplaces, stronger leaders, and more engaged, resilient teams, enabling your organisation to thrive now and into the future.

By working with Seed Wellbeing, organisations gain access to specialist expertise that combines HR best practice with extensive knowledge of workplace mental health and wellbeing. Acting as an extension of your HR function, we provide objective, practical, and commercially focused advice that supports confident decision-making while keeping employee wellbeing at the centre of organisational success.

Our collaborative approach enables organisations to:

- Build a clear, evidence-based wellbeing strategy aligned with business goals.
- Strengthen leadership capability and management confidence when supporting employee wellbeing.
- Improve employee engagement, trust, and organisational culture through meaningful wellbeing practices.
- Increase awareness and utilisation of existing wellbeing resources and support services.
- Reduce the organisational impact of stress, burnout, absenteeism, presenteeism, and employee turnover through proactive intervention.
- Ensure policies and people practices reflect current best practice and support legal and ethical responsibilities.
- Create a workplace where wellbeing is embedded into everyday leadership, communication, and decision-making rather than delivered through isolated initiatives.
- Access ongoing expert guidance without the cost and commitment of expanding an internal specialist HR or wellbeing team.

Read some of our testimonials!

"I'd be very happy to recommend Seed Wellbeing based on our experience working with them. They have supported us across a number of wellbeing initiatives and what has stood out is the breadth and depth of their offering. Rather than focusing solely on standalone training sessions, they take a more holistic approach to wellbeing, helping organisations embed it within their wider culture and people strategy.

Throughout our engagement, we've found the Seed team to be thorough, professional and genuinely invested in achieving positive outcomes. Their recommendations have always been practical and grounded in the realities of running a business, rather than being purely theoretical. We've had a very positive experience and would certainly engage with them again in the future"

Becki Simmons, CEO - March 2026

"Biscoes Solicitors has worked with Hannah for some time and she has brought clarity to our employee wellbeing programme and been an excellent source of support to HR. I am so pleased to recommend Seed Wellbeing to any business"

Alison Lee, Biscoes Solicitors March 2026

"I wanted to say a huge thank for the MHFA training. This was my third session and honestly the best one yet, I'll definitely be recommending you to others. Meeting people like you who are helping to break down the stigma and educate others is really inspiring"

Autumn Keeping, Head of HR - Jan 2026

"Jodie visited the University of Portsmouth to deliver a presentation related to financial wellbeing. The session was fantastic in helping employees understand how to feel more in control of their finances and make the most of their money. Many of the attendees fed back that they valued the personal approach Jodie had, I feel as a result, myself and wider colleagues are now in a better position to make the most informed and confident decisions when it comes to our finances"

Portsmouth Univeristy, Staff Side Rep - Jan 2026

"Our approach to mental health isn't for everyone (I wish it was!) but it means a lot when we meet and work with businesses like yours that are focusing on it. I don't believe there is a reason every business can't be a "mental health company first" and a ??? business second "

Ben Cloud, CEO - April 2026

"When Hannah shared about her personal experiences, I related to how she felt lost growing up. Her honesty as a professional I think was special. A lot of us think the therapist or doctors have never experienced poor mental health or have struggles, because we never hear from them. I found Hannah so inspiring, the team of professionals are just a normal human as us! "

Chris Davis, Community workshop April 2026

What's Next?



As an multidisaplinary team of professionals with over 2 decades of experience collectively, we support leadership teams and their wider organisation to embed mental health and wellbeing into the heart of their culture. In a professional landscape defined by constant change, high expectations and increasing mental demands, wellbeing is not a soft issue. It is a core driver of performance, reputation, and sustainability.

Investing in wellbeing is about investing in your people, because people are your most valuable asset.

Are you are interested in exploring this type of support in your organisation?

Contact Us

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