
Executive Wellness

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FEEL GOOD

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Executive Wellness

For the past 15 years I have worked with CEOs, MDs, media professionals, creative and performing artists, rock stars, producers, and directors who want to feel great and perform at their best. I have consulted for companies, agencies and brands who want to make sure their personnel and executive teams are kept in tip-top shape.

What's not wanted

Feeling stressed, ill, overwhelmed, isolated, or unfulfilled can play havoc with your state of mind and even lead to health-related illnesses and personal problems. How you operate and perform at work and your levels of enjoyment at home can both suffer.

Feeling the stretch

Think of yourself / a member of your team as having the properties of an elastic band — there's only so far you can stretch.

Increased work load, time pressures and responsibilities, as well as personal demands away from the office, can feel like you're being pulled every which way. This can result in high stress, anxiety and in turn lessened capacity to perform. You reach a stage where you simply can't stretch any further.

Try, and you're almost at breaking point. Health problems commonly arise, as do negative moods or unhealthy coping strategies, sleep deprivation, strained relationships... the list goes on, and the sick days can rack up.

Worst case scenario, the elastic band / you / a key member of your team snaps completely. The time, energy, emotion and expense to put this right can be hugely costly to all involved.

By offering a combination of empowering, friendly and in-depth one-to-one sessions and, where appropriate, homeopathic medicines tailored to the individual we look to improve mental and emotional well-being, reducing personal / work stress and any physical symptoms naturally.

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How it works

I deliver a set of one-to-one sessions that are bespoke, confidential and tailored to the needs and objectives of the individual.

For optimum and sustainable results I offer a set of Programmes to suit each individual / company's specific needs. Typically these are 1 month, 3 month or 6 month programmes.

There is no one-size-fits-all solution so I'm always more than happy to discuss exact requirements and work out the most suited programme on a case by case basis.

Benefits to individuals

- Reduce any personal or work stresses or worries naturally.
- Gain clarity and clear direction through challenging situations
- Overcome physical health problems with natural remedies
- Improve energy levels
- Improve happiness levels
- Help you find 'Your Zone' where you function at your best
- Find your 'healthy' confidence level where you are happy to be you
- Come out of repeated negative cycles in life.

Many people find the sessions uplifting, discovering a greater sense of self awareness which enables them to deal with situations more positively.

Benefits to companies

- Natural and effective ways to reduce stress – calm, happy confidence can shine through
- Increase personal happiness leading to more positivity both within the team and around clients
- Improved personal energy – more efficiency and productivity
- Fewer sick days – means less expense and disruption
- People being switched on rather than switched off can make all the difference
- Increased loyalty – offering a supportive and wellness-enhancing package makes sure you keep the best people, and get the best from them.

Creating a vibrant and well team pays massive dividends, as healthy, fired-up, happy and creative individuals create a dynamic and far more harmonious and productive team.

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Testimonials

“Matt is an independent external practitioner who works to a robust code and provides assistance to our team members. He empathically helps team members, resolving the challenges they encounter in everyday life. Matt is a superb resource offering many benefits to the team and comes highly recommended”

*Mike Gillam
Occupational Health Manager,
The Dorchester Hotel, London*

“Matt creates a relaxing and friendly environment that helps me to pinpoint issues and overcome problems effectively. He keeps me focussed and on track both in my work and personal life. The combination of sessions and homeopathic remedies significantly reduced my stress levels and revitalised my well-being.”

*Michael Bruning
Journalist for the FT*

About Matt

Matt’s approach is exciting and empowering. With more than 15 years’ experience he has seen first hand what it takes to improve someone’s state of mind, outlook, physical and mental wellbeing, enabling them to overcome their stresses, regain lost focus, and head in the right direction in life.

Many people now seek to engage Matt’s practices — captains of industry, media high flyers and people from the world of film and entertainment want to experience his combination of insightful sessions and natural medicines to improve their health, outlook and their future.

Contact

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