

# Your HIA's



Wellbeing



## Meet the Health Improvement Advisors

The Health Improvement Advisor team are dedicated to supporting the health and wellbeing needs of our workforce. Providing guidance, advice, or having a helpful conversation, the Health Improvement Advisors offer a range of services to support the physical and mental health of colleagues.



### Ula Zarebska

My background is in rehabilitation, but I am also a qualified Dance teacher and Fitness instructor. I specialise in Cuban Salsa and teach all sorts of exercise classes. I am also a trained Psychological Peer Support Practitioner delivering mental health support interventions. I believe that looking after our physical health can have a hugely positive impact on our mental wellbeing. It can help overcome life adversities, strengthen our resilience, reduce stress, and build self-esteem and social connections. I can support you with that!

### Jon Roach

I come with nearly 20 years of experience in and around the fitness industry. From personal training, health coaching, and training a gold medallist for the Tokyo 2020 Paralympic Games; I've done it all! I believe that true wellbeing comes from having a healthy mind, and an even healthier body. You can't have one without the other.



### Kasia Kwasigroch



I'm Kasia. I've been a Yoga Teacher and Holistic Therapist for almost 10 years. I'm also a Happiness Life Coach. What does this mean? It means that I help people develop positive, resilient minds. It is possible for you to be healthy and happy! We achieve this through mindful movement, breathing, relaxation techniques, self-massages, emotional freedom, and other self-care practices. I can teach you and your team!

If you or a member of your team would benefit from some support, please complete this form: <https://forms.office.com/e/8P7Sntp5xa> or scan the QR code above.