



## VITALITY – COACHING – TRAINING

**Let's Work, Be Proud** develops *Vitality, Training* and *Coaching* programmes that foster a sense of pride in employees across the Netherlands and beyond. Each of our customized programmes are designed to encourage workers to take charge of their health, improve their lifestyle through exercise and healthier habits, and develop a positive mindset. Our approach is to provide coaching and training services to those employees who need it most, as this ensures that everyone involved reaps the greatest benefits.

The pandemic-induced uptick in hybrid working practices has created an international workplace trend, where the office serves increasingly and sometimes exclusively as a meeting place to interact with colleagues instead of a daily work environment.

However, due to factors such as high turnover of talent in many organizations, you're left with a problematic situation of employees who don't really know their co-workers. Long-established and well-loved workplace traditions such as leaving-dos, retirement parties, anniversary celebrations, team recognition award ceremonies, corporate running events, and so on, were either cancelled over the past two years or held with only part of the team. This is set to remain unchanged in 2022 and beyond, as with so many people alternating between home and the office, it can be hard to get everybody in the same physical space. The upshot is that a growing number of workers will no longer automatically feel a strong connection to their organization.

Besides offering people more freedom, working remotely has also created its share of 'invisible' pressure that workers are not always able to share with others – to the point where work-related pressure continues to increase throughout the Netherlands and beyond.

We believe we have a solution: short, effective group training sessions designed to improve employee wellness and make them feel more connected to their co-workers. Since excellent and high-functioning teams know each other well and are aware of each other's strengths and weaknesses, all our programmes always target both individual workers *and* the team process.

**“After the results of the first training we immediately booked it in for five of our international teams”**

**International Team leader; Henkel (GER)**

*The **Let's Work, Be Proud** programmes foster a sense of pride in workers in themselves, their team and their organization.*

You will find an outline of our approach below.

We believe all our programmes should have the same outcome: *Proud Employees*. This means people who take pride in themselves, their team, and their organization. **Let's Work, Be Proud.**

**Rob Szepesi**

Managing Director

**Let's Work, Be Proud – Tacoyo Nederland BV**

## **NEW: THE DIGITAL GYM**

On Wednesday evenings and Friday mornings, we offer LIVE online exercise classes from our virtual gym in Amsterdam. The classes are open to (and free of charge for) all partners who are currently enrolled in any of our programmes. You also have the option to book individual classes. The classes are easy to follow for anyone whose GP/primary-care physician has confirmed that they are fit enough to engage in physical activity. You can join our classes now – enquire about our Terms and Conditions.

## **NEW: HOW TO LEAD? Basics - 5 weken x 1,5 uur**

As a participant you will learn the basics of leading a team. Five weeks of on the job practise with the programme's core elements which are outlined below.

- How to start a meeting with focus and mutual coordination?
- How do I clarify my expectations?
- What are successes (five sources) and how to share?
- How to deal with mistakes?

## **TRAINING:**

### **TACOYO LIFESTYLE CHALLENGE (TLC): 100-DAY CHALLENGE**

We will be working with a team, supervised by a lifestyle coach, to undertake healthy challenges related to nutrition, meditation and exercise. All participants will receive a luxury gift box containing a training programme, a list of helpful tips, and descriptions of the challenges to be undertaken. The team that has collected the most 'stickers' is the winner of the lifestyle challenge. [More than 500 participants](#)

## **COACHING:**

### **LIFESTYLE, VITALITY & GROUP COACHING: 5-WEEK Training / 60 min / week**

Integrated Training & Group Coaching. As a participant you will learn to set – and achieve – healthy goals through our **MDICS planning method**. Employees put their personal plan into practice over a 5-week period, learning a set of skills in the process that will also serve them well in their professional work environment. This five-week training programme is supervised for the full duration by a professional trainer/coach. The programme's core elements are outlined below. [Group coaching is the new trend in personal development.](#)

- Setting clear goals
- Creating a real-life plan/schedule
- Setting up a feedback and support system
- Setting up a corrective system\* (!) What to do when I fail?

## SEMINAR:

### COLD-WATER IMMERSION: 45-60 MINUTES

Our session on cold-water immersion (also known as cold-water exercise) explains, supported by scientific evidence, why this form of exercise is so popular and good for you. The seminar challenges you to ease yourself into this healthy habit, to the point where you may feel ready to join a group and take the plunge (so to speak), supervised by one of our cold-water immersion experts. [\*Cold-water immersion is the latest health trend.\*](#)

## SEMINAR:

### MICRO-BREAKS & MICRO-HABITS: 60 – 90 MINUTES

The Micro-Breaks & Micro-Habits seminar allows participants to exercise with several micro-breaks and other breaktimes they will be able to incorporate into their workday. **Do Not Just Manage Your Time – Manage Your Energy**

## SEMINAR:

### THE SPORT FASTING PRINCIPLE FOR TEAMS: 45-60 MINUTES

Dropping 4 to 6 kilograms in 10 days, improving your physical performance, and increasing your mental resilience? You can achieve it all with Dr Remco Verkaik's Sports Fasting Programme. This class is packed with information on how humans lived back in prehistoric times and why fasting in general, and sports fasting in particular, is so good for you. After completing the seminar, interested participants can sign up individually for our 10-day Sports Fasting programme, supervised by one of our affiliated Sports Fasting Coaches. [\*Sports Fasting is perfect for teams performing under pressure\*](#)

## WORKSHOP:

### WORK/LIFE BALANCE: 2 X 120 MINUTES

The Work/Life Balance workshop is divided into two parts: the first part consists of an information session, while in the second part participants are asked to solve a specific case. We review some of the familiar work/life issues, including work-related pressure, care, availability, remote work, responsibility, and focus. [\*Developed by and for HR professionals.\*](#)

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### LWBP's national and international partners



**LWBP inspires! When it comes to our specialisms, we are ahead of the market** Nutrition / Breathing / Mindfulness / Relaxation (anti-stress) / Meditation / Team & Employee Coaching / Speakers & Lectures / Body & Mind / Sport / Vitality / Policy / Organization & Culture

## The LWBP promise:

- 1: The latest scientific research in each of the areas
- 2: Excellent and inspiring professional speakers, coaches, trainers and partners
- 3: Online and offline interaction, information and inspiration.

## For whom?

Organizations looking to inspire workers with regard to employee wellness policies, professionalism, and mindset. Organizations looking to personally connect employees.

## Languages:

English and/or Dutch

## Minimum number of sign-ups:

10

## Maximum number of sign-ups:

N/A

## Rates:

starting at €997

## About Let's Work, Be Proud (LWBP)

A subsidiary of **Tacoyo Nederland BV**, **LWBP** develops superior programmes that foster a sense of pride in workers and promote a healthy company culture. We connect employees with themselves and their organization through workshops, training programmes, and employee coaching.



## Information and Testimonials:

### Let's Work, Be Proud

[www.letsworkbeproud.nl](http://www.letsworkbeproud.nl)

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### A subsidiary of:

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