

FROM FIT TO FUTURE-PROOF

Energy in the workplace: for those who make a difference every day.

Companies of the future are those that **invest** not only in technology, but above all **in their people**. Especially in industrial environments, with shift work, physical demands, high workloads, and often absenteeism as a result, it's crucial to keep employees both **physically and mentally strong**.

Because being fit means more than just being healthy: it makes employees **sharper, more resilient, more productive** and better equipped for daily challenges.

WORKFORCE FIT | Fit & resilient during challenging times



Golazo Energy x Better Minds are designing a path to **sustainable employability** and **engagement**. For people **on the field**. In factories, on construction sites, in healthcare, in production halls...

We build **energy and resilience**, directly applied to the workplace, close to the realities of **frontline workers and team leaders**. We focus on connection, respect, and recognition, so everyone feels valued and heard. We focus on **practical, achievable tools** that work immediately in the workplace.

The result: people, teams and organisations that thrive during challenging times.

A programme that teaches you to **manage your energy** and not just your time.



Because energy can be **renewed** and systematically **expanded**.



At **all 4 energy levels**.

Physical energy
How fit am I?

Mental energy
How resilient am I?

Social energy
What is my position?

Emotional energy
How do I feel?



WORKFORCE FIT

Fit & resilient during challenging times

CUSTOMISED APPROACH

Phasing: 4 phases

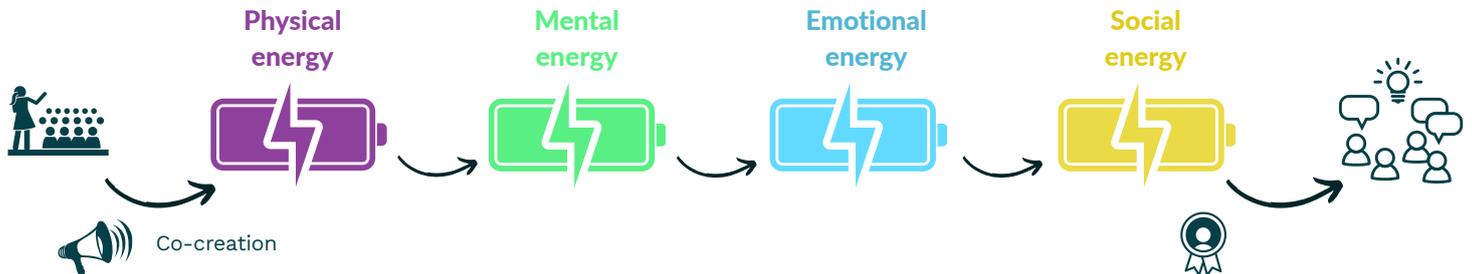
- Each energy level is completed one after the other.

Format: A mix of in-person and digital initiatives, integrated into the daily routine.

Integration: Option to connect with a digital platform for impact monitoring and HR data analysis. Based on these insights, additional support and training can be provided where needed.

Focus:

- Practical and no-nonsense
- Peer buddy system and short team initiatives
- Co-creation: we build the programme from within, in close collaboration with employees, team leaders and management.
- ***This is not a sprint, but a marathon.*** We start with a pilot group and let the programme grow from within. It is essential to create the broadest possible support base.



MODULAR CONSTRUCTION

Each energy level follows the same flow with **three fixed modules** of inspiration, activation, and reflection. We focus on **practical and hands-on tools** that are integrated into daily work routines, taking **specific working conditions into account**. With **short and stimulating challenges**, we encourage employees to work on their energy levels.





CHALLENGES

Our challenges are **short, engaging**, and **easy to fit into your workday**. We link them to moments like shift changes, toolbox meetings, or team meetings, so **everyone is reached** without **wasting any extra time**. Our goal with these challenges is to **raise awareness**. Think of activities with wearables, a hydration check on hot days, a focus buddy... No long explanations, just **hands-on experiences**.



WORKSHOPS

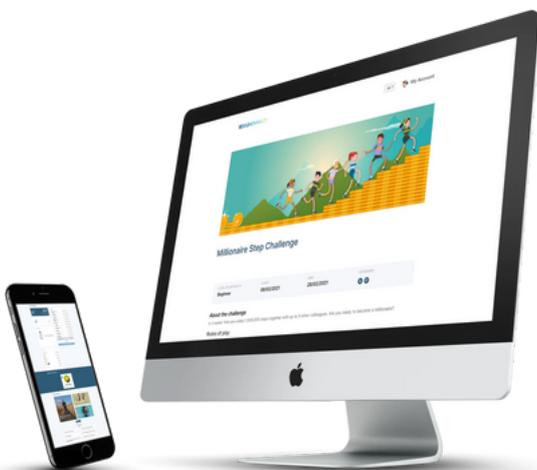
The workshops are **practical and relatable**, straight from reality. **Short sessions** are held during team meetings or on-site. Examples include: smart energy management during shift work and physical labor, smart snacking, fit and safe lifting, dealing with distractions and monotonous tasks, "Stronger Together: The Power of Camaraderie," and more. We use **concrete tips** and **interactive exercises** so the impact on the workplace is **immediately tangible**.



ACTIVATIONS

Activations **enhance the experience and anchor the process**. This could be an energy kick-off during a shift change, a *proud board* on the work floor, or a joint activity like a "fit week" with small daily challenges. We literally and figuratively bring **movement to the workplace**. By being **accessible and visible**, we make **well-being and energy tangible**.

YOUR ENERGY IN 1 HANDY APP



To **easily reach everyone**, even those without an email address from the company or laptop, we're launching a user-friendly platform specifically for *field workers*.

With this:

- We increase employee accessibility.
- You participate in **challenges** that fit your work rhythm.
- You track **your own progress**.
- You earn **'Energy Coins'** with every challenge you compete in
- With these coins, you can **choose rewards**. This way, taking care of yourself becomes not only useful, but also fun.

WELLBEING IS NOT A SIDE MATTER, BUT YOUR STRENGTH



Less downtime and **more productivity** on the floor



Higher **involvement and motivation**



Better **connection** between departments and employees



Positive **employer image**

YOU'RE IN GOOD COMPANY

Many companies with strong workforces already rely on us to energise and motivate their employees. Together with them, we build engaged teams that make a difference. Every day, on every work floor. Join a growing network of organisations that truly make well-being work.



SIEMENS



VOLVO



Unilever



GSK

PHILIPS

What would change in your business if everyone had more energy?

Contact us for a short, no-obligation consultation. We'd be happy to discuss how this programme can be tailored to your company's needs.

Loren Van Lishout
Golazo Energy x Better Minds
loren.vanlishout@golazo.com
+32 485 40 64 18

