

## In a Nutshell

**INDUSTRY:** Recruitment

**COMPANY:** Search

**COMPANY SIZE:** Large Enterprise / Multinational

**SERVICE USED:** Yoga, Pilates, HIIT

**FREQUENCY:** Weekly

**MEDIUM:** Online

**EMPLOYEES LOVE:** Wellness Wednesdays!

## Challenge

Recruitment specialists, Search wanted to help their vibrant team connect remotely during the pandemic to help boost morale, increase productivity and loyalty.

Having experienced rapid growth during COVID-19, many team members joined the business virtually and had only met their colleagues on screens.

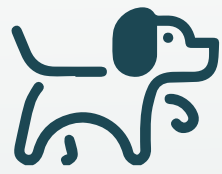
With everyone working from home, it was important for Search to implement a diverse Wellbeing Programme to help look after the wellbeing of their team, in addition to fostering a team environment keeping people connected.

## Our Tailored Solution

My Method worked with Search to create an exciting Wellness Programme for their dynamic multi-regional team and so, Wellness Wednesdays was born.

Their My Method Account Manager helped identify which time would receive the best engagement levels taking into account the weekly rhythm of the business, and midday on Wednesdays came out on top to maximise participation and help establish a healthy routine.

The programme involved a wide range of sessions from Yoga, Pilates, HIIT and Meditation, in addition to a special Dynamic Pilates session on International Women's Day (IWD) that came complete with a special IWD playlist celebrating women's empowerment.



**Dogs Attending:**

9



**Session Length:**

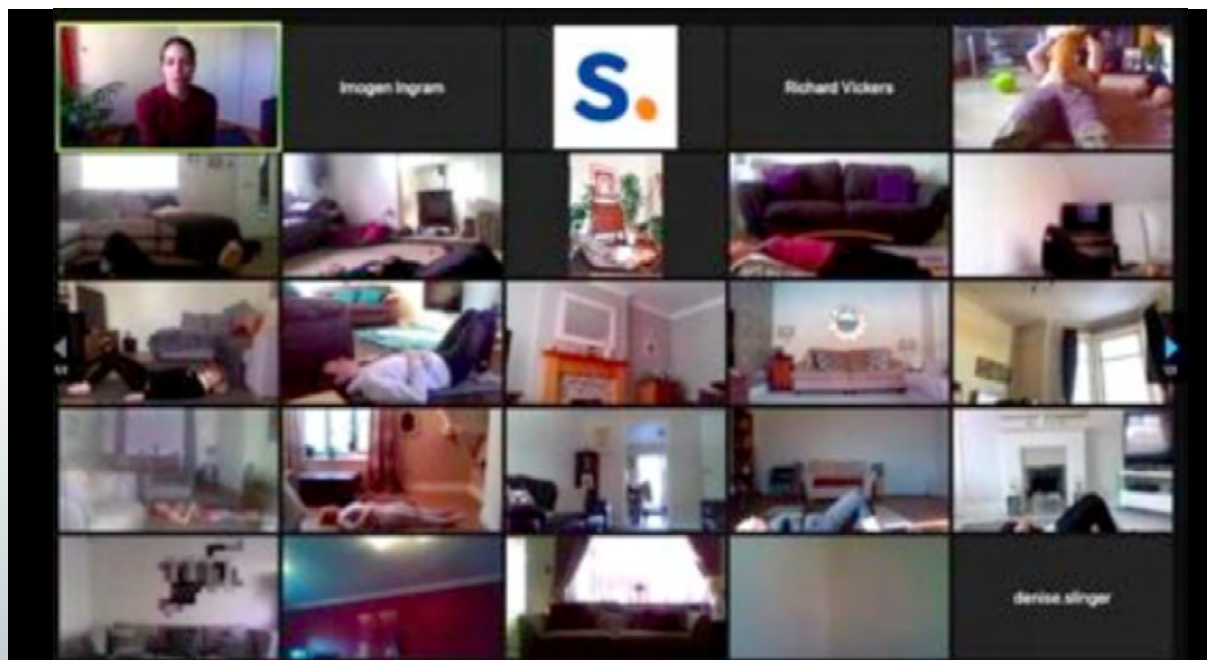
45mins



**Sun Salutations:**

279

AND COUNTING



My Method have partnered with us to provide a fitness class every Wednesday under our 'Wellness Wednesday' programme. The team at My Method took time to understand our organisation and what we wanted to achieve for our staff.

My Method surpassed our expectations and helped us to connect with each other at work, ensuring we look after the wellbeing of our people. The classes have been first class with something for everyone from beginners yoga to challenging HIIT and pilates.

**Kirsty Russell**  
Head of Talent & Operations at Search

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