

Building Resilience

Creating happier,
healthier employees



Our Model



Coaching Programmes- Monthly Packages

MentorMe provides tailored content to teams and organisations include;

- **Tailored and branded content with monthly reporting**

2,4 or 6 customised pieces of content, including branding

- **Wellbeing Audit Screening**

Follow up Mid year, quarterly or monthly for accountability

- **Culture Index, Roadmap & Strategy**

Tailored 12 roadmaps & action plans aligned to organisational culture and leaders
(up to 50 culture index profiles) for leadership resilience

- **Access to accredited training both face to face and online**

All packages have access to online training for all employees, 2 or 4 facilitated workshops
customisation on request

- **Group 'Live' Coaching**

Monthly live group coaching to explore specific topics, including case studies and Q&A

Membership Packages - Coaching Programmes

Tailored emotional & mental health content to increase human potential at home and work

	Starter	Developing	Embedding	Advanced
Blogs & Podcasts	✓	✓	✓	✓
Wellbeing Audit Screening	✓	✓	✓	✓
Engagement Report		✓	✓	✓
Wellbeing Coach		✓	✓	✓
Accredited Workshops		✓	✓	✓
Guided Self Help		✓	✓	✓
Roadmap & Strategy			✓	✓
GC Culture Index				✓
	Free	£97	£297	£497

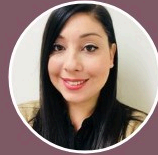
The Team

Our skills, Passion, Experience and Diversity



**Marteka
Swaby-Founder**

Mental Health
Expert



**Sarah
Boulton**

Wellbeing
Mentor



Lina Akbar

Wellbeing
Coach



Ian Parkes

Product
Development



Jess Story

Brand
Development



**Barney
Jeffries**

Lead Developer



**Mariana Rios
Sanchez**

Social Media