



AKG Health Service Guide

Your Health, Your Journey, Your Future



AKG Health

Everyone deserves access to the right support to achieve their goals and unlock their potential. At AKG Health, we know that managing health and wellbeing is the foundation for building confidence, independence, and long-term success in work and life.

Our evidence-based programmes provide tailored support to help people:

- Make healthier lifestyle choices
- Manage stress and build resilience
- Overcome health barriers that affect their ability to work
- Access the right clinical and community services

Through one-to-one coaching, group sessions, webinars, and online resources, we empower individuals to take control of their health and wellbeing. By putting health first, we help people move closer to sustainable employment and brighter futures.



“We meet so many people who need extra help and support with their mental and physical health, and for those with complex challenges, getting back to work is not a simple, linear journey. Through our work, we’ve seen that people with a broad range of health conditions have a much better chance of succeeding in work and life when they can access the right support.”

- Heidi Fish, Head of AKG Health

Our experts

Our team comprises clinical practitioners with diverse backgrounds, skilled in addressing the physical and mental health barriers that research has proven hold people back.

Our team comprises experienced practitioner nurses, occupational therapists, integrative counsellors, and mindfulness specialists, each with diverse specialisms ranging from cognitive behavioural therapy to managing fatigue and pain management. They meet with participants with complex and diverse challenges, some with multiple barriers, including difficult pasts, trauma and addiction issues.

“My experiences were very positive. Dree was willing to write a letter of referral to my GP following our first couple of sessions, and it really helped set the process of getting the care I needed in motion. Things are much clearer to me now than before, and I've been given a plan to follow through on. The sessions became highlights of my day as Dree is very personable and respectful.

She is excellent at holding conversations and gives good, relevant advice from a relatable viewpoint.”



Our approach

Our interventions include telephone, video calling, face-to-face person-centred counselling, GP liaison, anxiety management and confidence-building sessions. We work with people on a one-to-one basis and offer group sessions. Our team collaborates with employment support teams to help people enjoy a brighter future at work.

We talk to participants about their future and help them consider the powerful effect of meaningful work on their health, from improving their routines to building self-esteem. We assist individuals in determining their own health and well-being objectives so they can create and follow a plan that helps them take control of their health. Our approach supports people to manage situations more proactively and independently, including barriers to work. We produce individual action plans, including any adjustments that need to be considered, to help our participants succeed at work.

“I suffer from anxiety and low confidence. My Health Coach helped me and made me see things more clearly. Things are getting better now that I’m in a job, which I must admit wouldn’t have happened without the help. I now believe in myself and have such a wonderful future to look forward to. Thank you so much.”



85% of participants reported feeling more confident about managing their health and returning to work after working with AKG Health

Group sessions



Pain Management

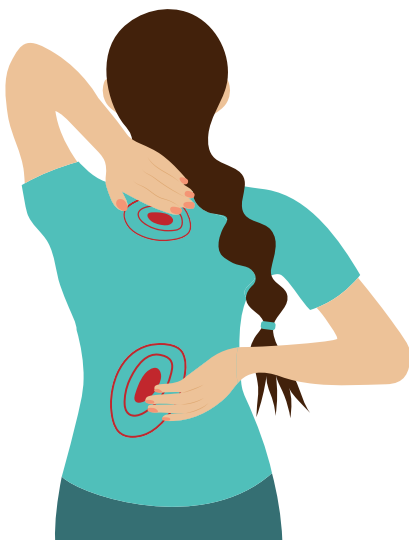
A 3 x 1-hour session delivered by a Registered Nurse.

Our pain management course aims to give the participant the skills and tools to understand their pain and learn effective strategies to improve their quality of life, breaking through the limitations of chronic pain conditions.

Topics covered include psychoeducation, lifestyle changes, proven methods to reduce pain levels, and resources to take away after each session.

People can learn to take control of their pain with this life-changing course.

“Loved the pain management course and I am already experiencing a better quality of life”



Your Wellbeing and Work

A 1 x 3-hour session delivered by AKG Health Coach.

Is your health condition holding you back? Are you afraid if you go to work your employers won't understand your condition?

This course is designed to support individuals with disabilities or health conditions in building resilience and promoting the idea that employment is good for your health.

Our program focuses on two critical pillars: building resilience and advocating for the powerful connection between employment and health.

Benefits:

- Empower participants to take control of their health and career aspirations.
- Provide strategies for managing health conditions positively in a work environment.
- Foster a supportive community where individuals can share experiences and insights.
- Equip participants with actionable steps to pursue their employment goals confidently.



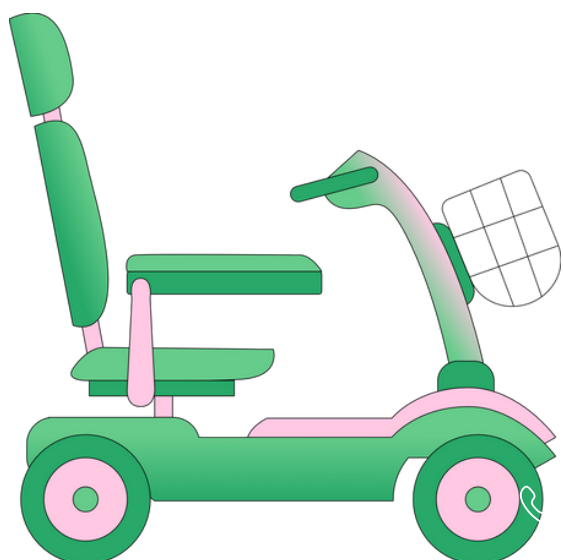
Mobility Course

5 x 1-hour sessions delivered by an AKG Health Coach

The mobility course is designed for individuals of all ages who experience difficulties with mobility and are currently out of employment. Whether you're dealing with temporary injuries, long-term conditions, or age-related mobility challenges, this course offers the tools, guidance, and support to help you improve your physical mobility, enhance your confidence, and regain your independence.

Throughout the course, you'll learn practical exercises and techniques to improve joint flexibility, muscle strength, and overall movement patterns. We'll also cover essential topics like posture correction, pain management strategies, and simple adaptations to your environment that can make daily tasks easier.

Our goal is to empower you to move with greater ease, reduce discomfort, and increase your overall quality of life.



Mindset and Motivation

5 x 1-hour sessions delivered virtually
by a health professional.

Designed to help individuals develop a positive mindset and enhance their motivation to achieve their goals. This course is typically grounded in the principles of psychoanalysis, which involves exploring the unconscious thoughts, feelings, and behaviours that influence our conscious actions and decisions.

- Developing a positive and growth-oriented mindset
- Exploring and overcoming limiting beliefs and self-talk
- Building resilience and managing setbacks
- Enhancing motivation and goal-setting skills
- Developing self-awareness and emotional intelligence.

A valuable resource for individuals looking to enhance their psychological well-being and achieve their personal and professional goals.

“Interesting and eye-opening. The tools given would be a lifeline to anyone with long-term anxiety problems”



Nutrition Workshop

1 x 1-hour session

The nutrition course designed to help individuals of all ages, particularly those facing mobility challenges or currently out of employment, take control of their health through better food choices.

This course offers you the tools, knowledge, and confidence to make nourishing meals a part of your everyday life, regardless of your busy schedule, budget, or dietary restrictions.

In this course, you'll learn the fundamentals of nutrition, including how to build balanced, nutrient-rich meals that support energy, mobility, and overall well-being. Whether you're managing a chronic condition, recovering from an injury, or simply looking to feel better, you will be provided with practical strategies for making healthier food choices, even on a budget.

You'll discover how to read nutrition labels, understand the role of key nutrients, and explore simple cooking techniques that make meal preparation both easy and enjoyable. We'll also cover mindful eating, how to avoid common nutrition pitfalls, and tips for maintaining a balanced diet, even with limited resources or time.



Men's Health

2x 2-hour sessions

Clinician-led, face-to-face, or online.

Our Men's Health group session is designed to provide a non-judgmental space for men to connect, learn, and grow.

Led by experienced mental health professionals, our group sessions offer a comprehensive approach to men's mental health, addressing issues such as anxiety, depression, trauma and addiction. Participants will learn evidence-based techniques for managing symptoms and strategies for building resilience and improving emotional well-being.

Our group sessions are interactive and supportive, providing opportunities for group discussions, individualised counselling, and skill-building exercises. Attendees will have the chance to connect with other men who understand the unique challenges of dealing with mental health issues and developing a supportive network of peers.



Women's Health

5 x 1-hour sessions - A health practitioner-led psychoeducational course delivered virtually over five weeks.

Our group sessions offer a safe and empowering environment where you can connect with others and share your experiences. Participants will learn evidence-based techniques, both medical and holistic, to help manage symptoms such as hot flushes, mood swings and insomnia. As well as strategies for maintaining bone health and reducing the risk of chronic diseases.

This course benefits someone just beginning to experience menopause or who has been dealing with symptoms for a while, and our group sessions can help people feel confident and empowered while navigating this important life stage.



Emotional Resilience

2 x 2-hour sessions

The aim of this course is to empower participants with the knowledge, tools, and confidence to build emotional resilience, enabling them to better navigate life's challenges—such as unemployment, health issues, financial stress, and social isolation—while fostering long-term wellbeing and personal growth.

- Define what emotional resilience is and why it matters.
- Explore the connection between thoughts, emotions, and behaviours.
- Help participants identify their own resilience, strengths and areas for growth.
- Introduce practical tools to manage stress and reframe negative thinking patterns.
- Develop emotional regulation and confidence in the face of setbacks.
- Practise resilient responses using real-life scenarios.
- Encourage self-compassion and the building of supportive relationships.
- Guide participants in creating a personalised resilience action plan.





Supporting People's Health, Unlocking Their Potential.

At AKG Health, we believe that good health is the foundation for achieving life goals—including finding and sustaining work. Our services empower people to take control of their wellbeing so they can move forward with confidence.

Our team of highly qualified Health Coaches and practitioners combines clinical insight with practical strategies that help people stay well and succeed in their roles. By supporting health first, we open the door to brighter employment and life outcomes.

Chat with us about your goals today:

☎ 0333 242 2222

✉ info.health@akguk.co.uk

