



FindOut

Improving People's Lives

Who we are

FindOut Wellness Solutions are a training and consultancy support service that provides services to those who want to make a positive and meaningful contribution to the lives of people whether in a corporate or other environment.

***We work on a very simple principle:
Develop the Person; Develop the Team.***

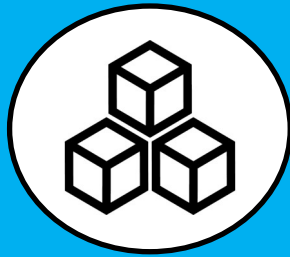
We are made up of a multi-disciplined team of professionals who design, develop and deliver the training and consultancy services which we believe are delivered in a very engaging, interactive and inspiring way. Included in the team are Certified Trainers of NLP, Nutritionist, Nurses and Sports Therapists.

Why we do what we do

Our Purpose is to make a Positive Difference

What we do

Training & Development



Training and Development incorporating leadership, communication and team development including capacity and capability building and resilience.

Consultancy



Consultancy which includes assessment and support to organisations who want to develop and formulate a strategy to improve workplace/team wellness as a means of improving individual and team performance.

Wellness Clinics



Wellness Clinics providing full health assessments either at our Stormont base or in the comfort of the workplace-these assessments include body composition, glucose and cholesterol testing and blood pressure analysis.

Who we deliver our services to

We deliver our services to anyone or any organisation that has identified a need to support the development of people or teams in a manner which makes a positive and meaningful difference to their lives and the lives of others around them.

What makes us different?

We work on the basis that people are different: we all have a different communication style and delivery, personality traits and motivations. We respect that and adapt our delivery to reflect the difference. We have been told by participants that our courses are highly interactive, engaging, inspiring and above all really make a tangible difference to their lives. We underpin this approach by a wealth of experience and knowledge in the area of wellness by our trainers.

For more information on any of our services contact us via:

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