



THE GIANT WELLBEING PLEDGE

We are a wellbeing-led agency. We know what it feels like when things get overwhelming, and we're here to help and support you in any way we can.

We **should** all look after ourselves more. Our physical wellbeing and our mental wellbeing are a priority, particularly after a topsy-turvy, traumatic few years. Our agency was born and raised in the pandemic, so we get that.

So this is how we do wellbeing at the Giants! Cue the bullet points...

- › Every Giant has private medical insurance with Bupa to help with anything related to mind and body
- › Every Giant is part of a wellness scheme with Urban - you can get massages, osteopathy appointments, facials, hair treatments, nail treatments, yoga classes - you name it, we have it!
- › Every Giant gets a monthly healthy veg box to make sure you get your greens for giant growth and healthy insides – from Riverford Organic
- › Every Giant takes mental health days - mental health illnesses should be treated as a physical illness would. We advocate for Giants taking mental health days if they need them.
- › Every Giant gets flexible working options:
 - e.g. if you are fasting for Ramadan, you can change your hours during that period if you wish
 - e.g. if your family home is abroad and you'd like to work there for a bit, go for it!
- › Every GIANT moment in life is supported and understood - whether that's studying, moving home, adopting a child, moving countries, compassionate leave for a miscarriage, helping friend in need (the list goes on)
- › Every Giant has regular one on ones to touch base and check they are ok