



PETRONAS AND WORKHUG

Custom built in-office wellbeing plan.

LEADING GLOBAL ENERGY COMPANY



200-501 employees



London



Offering mindfulness sessions to employees

PETCO Trading (UK) Limited is PETRONAS's London based commodities marketing and trading company. Their business is to market, source and trade crude oil, petroleum products, bio-fuels, LNG and gas internationally, with a particular focus in the West of Suez markets (Europe, Mediterranean, Caspian, West Africa and Americas) for the PETRONAS Group of Companies.



At WorkHug, we understand the pivotal role mindfulness plays in fostering a healthy, productive work environment. Through our tailored mindfulness sessions, we empower companies to prioritize the wellbeing of their employees while enhancing overall performance.

That's why we've partnered with Petronas to deliver customized mindfulness sessions that address the specific needs of their workforce.

Through our expert facilitators and carefully crafted programs, we help Petronas employees cultivate resilience, focus, and well-being amidst the demands of their dynamic work environment.

Did your company have an employee wellbeing program before or is this the first time you're trying it out?

We have not had a wellbeing program before now.

What type of perks or benefits did your company offer to employees before working with us?

Healthcare opt in, loads of free lunches in the office, free fruit, milk and juice everyday, some wellbeing sessions i.e a workshop on the menopause

Which services from our wellness and beauty menu had the highest demand from your team?

We have offered monthly meditation and a one-off free manicure for staff, only.

Did you have specific problems that you wanted to address and help your employees with (ex. Work-Stress, absenteeism etc)?

No, just things that can help make everyday life a little better/less stressful/more enjoyable.

Do you think they have improved?

I believe those who do meditation enjoy the class and have taken away techniques.

Services: Meditation Sessions

Frequency: 1x Wellbeing coach, Once a week

Location: In-office





I feel like whenever I have an idea, WorkHug have options for me to implement it.

Harriet Southgate, Office and Facilities Manager

What do you think the impact of working with us has been?

It's nice to offer wellbeing classes to staff as a way of showing their employer cares about them.

How likely are you to recommend us? Why should someone listening take action right now?

I would recommend WorkHug. I truly believe that if rolling out meditation classes, or a workshop or a beauty benefit helps 1 person to feel good, feel better or feel supported, it's well worth it.



BOOK A CALL

We have supported 10,000+ of employees across the UK and are trusted by some of your favourite companies.