

Making wellbeing part of the tenant experience

How Clyde Gateway and Tonic Wellbeing brought practical, accessible wellbeing directly into the workplace.



The Challenge

Clyde Gateway wanted to enhance the tenant experience by providing practical, accessible wellbeing opportunities within its buildings - making it easier for people to look after their health and wellbeing without adding demands outside the working day.

The Solution

Tonic created a flexible, blended wellbeing programme - combining visible, in-person support in the workplace with 24/7 digital access and on-demand wellbeing content.

At a glance

IN-PERSON

Health Checks

Preventative health checks that help people understand their key health numbers, identify potential risks early and take positive, informed action to support their long-term health & performance.

Massage Reward Days

Hands-on support to de-stress, release muscular tension and address everyday aches and postural strain, helping people reset, recharge and feel the benefits beyond the working day.

"Tonic has been a fantastic addition to the tenant experience across our buildings. They make it so easy for us to bring wellbeing directly into the workplace, and the response from our tenants has been consistently brilliant."

Carly, Building Manager, Clyde Gateway

24/7 DIGITAL

Tonic And Me

Always-on access to practical wellbeing tools, resources and support - wherever people are.

ON-DEMAND

Monthly webinars, guided meditations & insights

Free access to regular wellbeing content that helps people learn, reflect and take positive action throughout the year.

All in-person days oversubscribed.

200+ people supported

100% positive feedback

IN-PERSON

24/7 DIGITAL

ON-DEMAND

ONE CONNECTED APPROACH