

Boost employee wellbeing

Mix & Match



2 x Workshops

90 minutes

\$2,500* + gst

Includes;

Q&A, Handouts

Nutritious Lunch & Drinks

catroux

NO UGLY.

'So good for team bonding, my staff loved it!'

Managing Director - Johnson & Laird

To book and find out more, visit

www.wellbeingworkshop.co.nz/promotions

*Cost based on 25 people



Wellbeing Workshop

Wellbeing Workshop's Mix & Match

PACKAGE
INCLUDES

- 2 x 40 minute workshops (selection below)
- e-POS for circulation to the team
- Workshop notes & resources
- Nutritious & delicious lunch & drinks**
- Post workshop survey & analysis

Resilience

The ability to deal with life's challenges is something we all benefit from cultivating. Leave with a toolkit of practical, well researched techniques to help stay calm, rise to challenges, bounce back from difficulties and grow from these experiences.

Move

Explore evolution and current scientific research, to get a better understanding of the benefits of movement and exercise for energy, creativity and positive mental and physical health. Learn tips for integrating more movement into your working day.

Sleep

Sleep is one of the most important things we can do for our physical, mental and emotional health yet many of us simply aren't getting enough. Learn simple, easy, actionable and often overlooked "proven" practices that promote longevity.

Nutrition

Explore today's food environment. The impact it is having on our food decisions and on our brain health. Discover foods and key nutrients that should be included in our weekly diets to positively fuel your mood for optimum productivity.

Mindfulness

Discover the history and benefits of a mindfulness practice for stress, focus, calming the mind and cultivating happiness. Understand triggers and negative thought patterns and how to overcome them. Learn the power of cultivating a daily routine. Includes instruction and practice.

\$2,500* + gst

*Cost based on up to 25 attendees. Workshops delivered at your Auckland workplace. **We cater to all dietary requirements. Our workshops embrace a culture of inclusion. Package available to 30th November 2021.



Wellbeing Workshop