

## Wellbeing Isn't a Perk - It's a Performance Strategy

Corporate Wellbeing experiences 100% of  
proceeds to charity

Boost team performance while supporting  
children with profound needs

Customisable workshops

Expert facilitators

Tax-deductible



# THE EXPERIENCE

## Transform Your Team. Empower Their Potential.

We offer bespoke wellbeing workshops designed to support your employees' mental, emotional, and physical health while making a meaningful impact. Every euro raised funds essential services for children with moderate to severe intellectual disabilities and life-limiting conditions.

Choose from Two Powerful Options:

### Half-Day Workshop (1-3.5 hours):

Includes 1 expert talk, group coaching, and a calming wellness activity. Ideal for mornings or afternoons.

### Full-Day Workshop (4.5+ hours):

An immersive day of talks, movement, reflection, and rest. Includes 3 wellness activities, a coaching session, lunch, optional nature walk, and breaks.

Expert-Led Talks: (Choose 1-2)

- **Happiness is the By-Product of a Good Routine** - Structure fuels joy. Organization, planning, boundaries, and time mastery create balance and fulfillment. Burn bright, don't burn out.
- **The Power Hour** - Harness energy and intention to master your time and boost daily impact.
- **Strong Bodies, Resilient Minds** - Build physical strength and mental clarity for lasting resilience.
- **Boundaries, Balance & Brilliance** - Create healthy work-life boundaries and empowered team dynamics that fuel success.
- **Burn Bright, Don't Burn Out**

Outdoor options also available.





## Wellbeing Add-Ons:



Yoga & Movement Practices



Pilates for Posture & Strength



Mindfulness Meditation



Mindful Nature Walks



Cacao Ceremony & Meditation - A heart-opening, creative reset



Breathwork Journeys - Transformational breathing techniques to calm the nervous system and build resilience

All equipment provided.

Locations: Choose from one of our tranquil, nature-rich venues or let us bring the full experience directly into your workplace.





## WHY THIS? WHY NOW?

Your company's biggest asset is its people. When they're well, your business thrives.

01

### Boost Productivity

Happy, healthy teams perform better. Our workshops increase energy, focus, and motivation.

02

### Reduce Sick Leave

Burnout and stress are top drivers of absenteeism. We teach practical tools that protect long-term wellbeing.

03

### Retain Top Talent

Employees stay where they feel seen, supported, and valued. Wellbeing drives loyalty and job satisfaction.

04

### Improve Team Culture

Better communication and empathy make teams stronger and more connected.

05

### Maximise Tax Benefits

Because all proceeds go directly to charity, your full investment is tax-deductible..

06

### Retain Top Talent

Every euro supports children with profound disabilities and life-limiting conditions. It's a feel-good move with meaningful impact.





# Ready to Boost Your Team and Make a Difference?

## WHAT'S INCLUDED

- ✓ Full planning and facilitation
- ✓ All equipment and setup
- ✓ Tailored experience based on your team's needs
- ✓ Direct donation receipt for tax purposes



Our team of wellbeing professionals brings experience in emotional wellbeing, workplace performance, and holistic health. Through engaging, evidence-based workshops and events, we help individuals and teams reduce stress, build resilience, strengthen mindset, and perform at their best.

### **Our Mission:**

**To help organisations create thriving workplace cultures by prioritising the mental and emotional wellbeing of their people while making a positive impact in the wider community.**



## CONTACT TO BOOK:

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