



NURTURED LIFE



# CORPORATE WELLNESS PACKAGES



# Why corporate wellness?

Corporate culture is increasingly becoming an important factor in a job seeker's quest to determine whether a company is the right fit for them. With rising rates of burnout costing companies some of their top talent, smart companies know they can't afford not to help their employees prioritize their own personal health and wellness goals. The benefits of empowering your employees to take time for themselves each day are undeniable.

## Did You Know?

- For every dollar spent on wellness programs, absenteeism costs decreased by \$2.73 (Biotechnology Healthcare, 2010).
- Happiness increased employees' productivity by 12% (University of Warwick, 2014).

# HALF DAY CORPORATE WELLNESS PACKAGES

Combine any of our services for a tailor-made corporate wellness package to suit your company. Monthly, quarterly and yearly subscriptions available.

# Half day corporate wellness package 1



## 1.1 - Emotional Freedom Techniques

---

**90 minute**

Interactive workshop on the process of mindful and intentional tapping (gently, with fingertips) on several acupuncture meridian end-points on the face and upper body. An emotional freedom technique (EFT) intervention utilizes the same pathways/channels found in traditional Chinese energy medicine, whilst also capitalizing on our ability to think about or "tune-in" to our problem or issue in proactive ways. This technique is particularly effective in helping to reduce or eliminate negative emotions, anxiety, pain and help implement positive goals.



## 1.2 - Holistic Nutrition Talk

---

**75 minute**

Everything we put into our bodies impacts our mental, physical and emotional wellbeing. Learn how to read the signs of stress and fatigue in the body, and how the nourishment we provide can help. Learn simple hacks on how to eat well on the go.



## 1.3 - Yoga Session

---

**60 minute**

Get your body moving through an all-levels yoga session. Challenge your balance, focus and ability to simply be present. Learn how to breathe effectively and calm the nervous system, while lengthening and strengthening the muscles in your body. Enjoy a session of yoga that incorporates both a fun and zenned out experience.

# Half day corporate wellness package 2



## 2.1 - Personal Training Group Session

---

**90 minute**

A group workout focusing on the effects different small exercises and movements can have on the body. Key focus is on movement to relieve stress and tension in the muscles, correcting bad posture. Most desk workers suffer from bad posture which in turn creates pain and discomfort. This can cause employees to require time off or become distracted and unmotivated.



## 2.2 - Motivational Speaking

---

**75 minute**

A presentation on the importance of self-care, including some tips and tricks on how to stay alert, healthy and motivated at work. The presentation will be followed by a question and answer period where employees can ask questions specific to them.



## 2.3 - Chair Massage by our Registered Massage Therapists

---

Our registered massage therapist(s) (RMT) will be on hand to provide individual 15 minutes chair massages to your employees at their allotted time. Our RMT(s) will focus on pressure points and high tension areas, as well as provide some self-care tips to prevent postural ailments.





NURTURED LIFE

# LUNCH BREAK CORPORATE WELLNESS PACKAGES

Mix and match any of our following services for a tailor-made corporate wellness package to suit your company.

# Lunch break corporate wellness packages



## 3.1 - Emotional Freedom Techniques

---

Interactive workshop on the process of mindful and intentional tapping (gently, with fingertips) on several acupuncture meridian end-points on the face and upper body. An EFT intervention utilizes the same pathways/channels found in traditional Chinese energy medicine, whilst also capitalizing on our ability to think about or "tune-in" to our problem or issue in proactive ways. This technique is particularly effective in helping to reduce or eliminate negative emotions, anxiety, pain and help implement positive goals.



## 3.2 - Meditation Session

---

In a guided meditation practice, employees will learn how to observe their thoughts without judgement, and to cultivate awareness and compassion in order to achieve mental clarity. The benefits of meditation include reduced stress and anxiety levels, lengthened attention span and improved memory.



## 3.3 - Mindfulness Session

---

We see the term 'mindfulness' everywhere we look, but what does it mean? In this session, our provider will explain mindfulness in easy to understand terms, how to implement mindfulness in the office and at home, plus tips and tricks to adopting a more mindful approach to life. The session will be followed by a question and answer period where employees can ask questions specific to them. If time permits, a guided meditation rooted in mindfulness will round off the session.



# Lunch break corporate wellness packages



## 3.4 - Nutrition Hour

---

Everything we put into our bodies impacts our mental, physical and emotional wellbeing. Learn how to read the signs of stress and fatigue in the body, and how the nourishment we provide can help. Learn simple hacks on how to eat well on the go.



## 3.5 - Personal Training

---

A group workout focusing on the effects different small exercises and movements can have on the body. Key focus is on movement to relieve stress and tension in the muscles, correcting bad posture. Most desk workers suffer from bad posture which in turn creates pain and discomfort. This can cause employees to require time off or become distracted and unmotivated.



## 3.6 - Yoga Session

---

Get your body moving through an all-levels yoga session, strengthening the muscles in your body. Enjoy a session of yoga that incorporates both a fun and zenned out experience.



NURTURED LIFE

# THROUGHOUT THE DAY CORPORATE WELLNESS

One or more providers will be onsite and available all day to take one-on-one appointments with your employees.

# Throughout the day wellness packages



## 4.1 – Emotional Freedom Techniques

---

Employees can book individual Emotional Freedom Techniques sessions with our provider in a private meeting room/area. This will help employees tackle current issues privately and learn techniques which can benefit them based on their specific needs.



## 4.2 – Food Intolerance Testing

---

Food intolerances are sensitivities to food that affect the digestive system. Symptoms like bloating, gas, bowel issues, bad breath, etc. can all be attributed to food intolerances you may not realize you are suffering from.

This testing is done with the IQS3 food sensitivity-testing program, which communicates with your body to identify where you have a weakness or intolerance. Employees will be able to test 200 different foods and additives, plus leave with a printed report of their findings.



## 4.3 – Life/Executive Coaching

---

Life coaching is an opportunity to help you figure out what you want in life and/or your career. Giving employees the opportunity to speak to a coach in their own private session allows them to discuss their problems, challenges and set out goals whether personally or professionally. This is something we can all benefit from, but don't often take the time to do.

Benefits to employees include lower stress and anxiety levels, mental clarity and increased confidence.

# Throughout the day wellness packages



## 4.4 – Live Blood Analysis

---

Live blood analysis is an educational tool used to assess some of the possible nutritional deficiencies in your body. Left unresolved, nutritional deficiencies could lead to disease. Live blood analysis can reveal things like red blood cell health, immune function, yeast overgrowth, parasites, dehydration, hormonal imbalances, and more.

Note: live blood analysis is not a diagnostic test.



## 4.5 – Registered Massage Therapy

---

Our registered massage therapist(s) will be on hand throughout the day to provide individual massages to your employees in the privacy of a meeting room or reserved space. Employees can choose their allotted time, length and style of massage.



## 4.6 – Optician

---

Our optician will be on hand to give individuals glasses and contact lens assessments and adjustments.



Oswald, Andrew J. , Proto, Eugenio and SgROI, Daniel. (2015) Happiness and productivity. Journal of Labor Economics, 33 (4). pp. 789-822.

Rossi, A. (Ed.). (2010). Wellness Programs on the Rise. Retrieved January 28, 2019, from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2873731/>



NURTURED LIFE

Copyright © 2019 Nurtured Life Go Inc.™  
All rights reserved