

CORPORATE WELLNESS OFFERING



2024 / 2025

"HEALTH IS A STATE OF BODY. WELLNESS IS A STATE OF BEING!"

At Everything in Balance, our commitment to holistic wellness focuses on the essential interplay of physical, mental and emotional health. We move beyond traditional fitness and training programs by integrating key elements such as stress management, mindfulness, nutrition, and work-life balance. This comprehensive approach empowers individuals while fostering a robust culture of wellness within organisations.

Look forward to
collaborating with
you, & for the
opportunity to
work together.



5 Pillars of Health & Wellness

01 Mindfulness

Mindset coaching +meditative techniques through bringing present awareness to one's internal state & surroundings.

02 Nutrition

Exploring the role nutrition plays in personal health & well being. Helping understand the importance of healthy eating/ healthy thinking/ healthier lifestyle choices, influencing the food we eat! Tackling the challenges facing contemporary food systems and the basic science of nutrition and healthy eating.

03 Movement

Movement is a great way to bring the body to 'life', working each of the bodies systems sequentially. Helping to detoxify, keep bones and joints limber, stimulating the respiratory and circulatory systems, promoting fresh oxygenated blood flow throughout the body. Helping to still and calm the mind.

04 Breathwork

One of the best & most effective ways to lower stress in the body! When we breathe deeply a message is sent to our brain that helps to re-wire the neural pathways, helping us to calm down and relax.

05 Social

Having fun together, as a team & strengthening interpersonal relationships within the workplace. Team building/ bonding activities based around personality, skillset & problem solving abilities.



MINDFULNESS

Topic options

- Mindfulness 101
- Mindfulness in the Workplace
- The Importance of Living in Balance
- Stress Management
- How to Increase Productivity in the Workplace
- Mindfulness for Leaders
- Feel the Fear & DO IT Anyway
- Improving Management Practices
- What Dreams are Made of: The Power of Manifestation
- Connection to Self & Others
- Living your Best Life
- Guided Meditation (Multiple)

The background of the slide features a close-up photograph of several large, vibrant green leaves with prominent veins, set against a light, neutral background. The leaves are positioned around the edges of a central white rectangular area that contains the text.

NUTRITION


Topic options

- What is Good Nutrition?
- Nutrition 101
- Healthy Eating - Tips | Tricks | Education
- Gut Health
- The Gut-Mind Connection
- Designing your Weekly Meal Plan
- Bio-individuality
- Dispelling Food Myths
- Interactive Meals - Breakfasts | Lunches | Morning Tea
- In-house Cooking Demonstrations
- Supermarket/ Market Virtual Tours



MOVEMENT

Offerings include

- Yoga for Beginners
 - Dynamic Yoga Flow
 - Yoga at your Desk
 - Laughing Yoga
 - Yoga Nidra
 - Group Fitness
 - Intuitive Movement
 - Body Awareness
 - Somatic Intelligence
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BREATHWORK

Offerings include

- Diaphragmatic Breathing
- Breath Focus Technique
- Resonant / Coherent Breathing
- Humming Bee Breath
- Alternate Nostril Breathing
- Yogic Breathing / Pranayama
- Somatic Breathing
- Neurodynamic Breathwork

SOCIAL

Popular examples of team building/
bonding activities:-

- 'Dream' (Team) Building Days
- Healthy Inter-Office Competition
- Group Sharing
- Accountability Coaching
- Goal/ Intention Setting
- 'The Happiness Experience'
- Body Language
- Non-Verbal Improvisation
- The 'Human Knot'
- Who are You & Who are You Not?
- The Gratitude Challenge

Any of the 5 pillars of health & wellness can be combined in tailoring a session that suits your workplace. A few recommended combinations include:-

- Mindfulness + Breathwork
- Mindfulness + Nutrition + Social
- Movement + Breathwork
- Movement + Nutrition + Social
- Nutrition + Mindfulness

RECOMMENDED

PRESENTED BY



LOGO

THANK YOU!

