

SUMMIT
we build teams

& trusted partner

YooDOO
CORPORATE WELLNESS

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present



CORPORATE WELLNESS

Portable
Practices to
Achieve
Wellbeing &
Balance in
Worklife



About

Portable Practices to enhance your employees well being & achieve balance in worklife

The wellbeing of the employees is essential for a healthy growth of a company. The practices of our Corporate Wellness Program are designed to support and encourage a holistic approach to employee wellbeing that will ultimately create an organizational culture of health.

With collaboration of our trusted partner “YooDoo Corporate Wellness” we offer solutions that cultivate healthy habits among employee populations and improve health outcomes, all while increasing productivity, optimizing human resource investments and boosting employee engagement.



CORPORATE WELLNESS PROGRAM

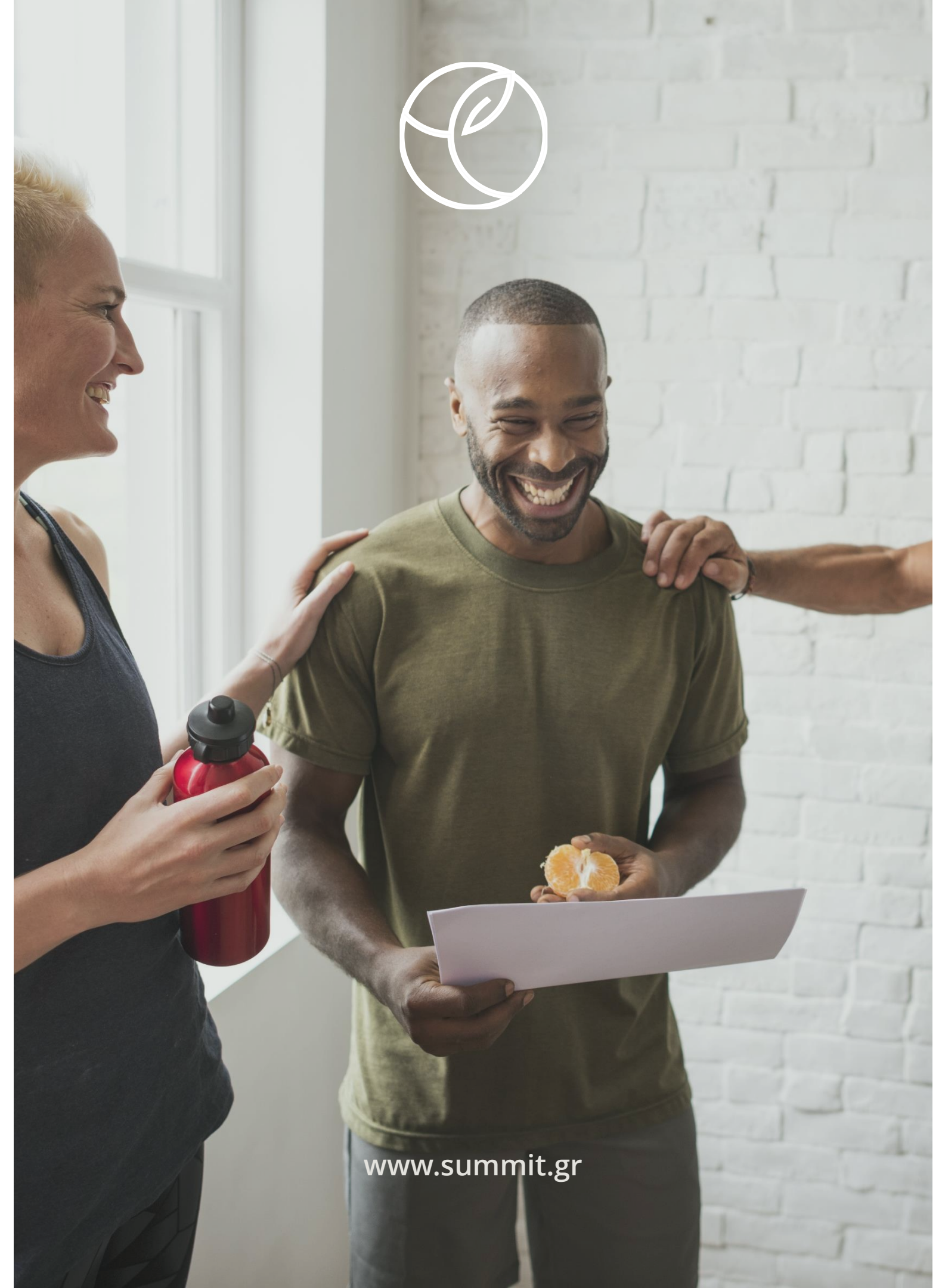


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Balance is Everything

Focusing on the physical & mental balance of today's employees, Corporate Wellness services promote a healthier & more sustainable lifestyle, through a holistic human-centered approach.

The goal of this program, is for everyone to be able to enjoy the most ideal corporate conditions. To achieve this goal, we intertwine wellness practices in the daily corporate life basis and transform workplaces into places of inspiration, making employees feel good in their daily work life, and consequently in the rest of their lives.



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Our services

Workshops

- Mindfulness - Meditation
- Influence coaching
- Psychology seminars
- Motivational speeches

Workouts

- Yoga at work/chair yoga
- Yoga mat
- Pilates mat and reformer
- Breathing / relaxation exercises
- Empowerment program
- Support for corporate gyms
- Team support (running, basketball, triathlon, etc.)

Office Massage

- On site chairs massage
- Special massage sessions
- Massage webinars / workshops



Our services

Wellness Events

- Thematic weeks internally in the company, with workshops and workouts
- Excursions / Team building activities
- Creating events for the family / child
- Themed Wellness Retreats

Nutrition

Thematic nutrition talks

- Creating healthy eating habits (restaurant, vending machines etc.)
- Eating healthy - cooking seminars
- Thematic nutrition weeks inside the company (Christmas, Easter, summer, etc.)

Online Wellness Services

Physical activity sessions that will not only reduce your team's stress levels, but will also create a more productive environment to work in.





Move, breath, learn, feel, soften, inspire, admire, be curious,
thrive, empower, connect with yourself and others, get strong
mentally & physically, rebalance, reboot.

FOR ——— MORE

Information

CORPORATE
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