

VIWELL

Employee Benefits, Reimagined

Your people
strategy partners:
Crafting Customised
Solutions for Thriving Workforce.

www.viwell.com



Physical Wellbeing



Getting The Most Out of Your Exercise

This workshop will teach participants the fundamental principles of how to enhance their mental health and well-being through exercise, helping them find an exercise routine that is enjoyable and sustainable.

Develop a deeper understanding of good exercise being not only about building muscle or losing weight, but also about improving mental health, reducing risk of chronic disease, and enjoying an active balanced lifestyle.

Course Overview:

The objective of this course is to educate the attendees how to exercise effectively and learn about the body muscle dynamics.



Number of Participants:

- ▶ Up to 20



Objective:

- ▶ Identify different types of exercise, the benefits of physical activity for overall health, and the recommended guidelines for exercise frequency and intensity.
- ▶ Understand proper techniques and form for common exercises, to reduce the risk of injury and maximize the effectiveness of their workouts.
- ▶ Develop a personalized exercise routine to suit fitness level and preferences, including cardio, strength, and flexibility exercises.
- ▶ Learn the benefits of incorporating variety into exercise routines, including trying new activities, switching up workouts, and cross-training.



Breathing and Meditation

Meditation has been shown to reduce the levels of stress hormones in the body and can help individuals cope with anxiety and stress in their daily lives. It helps individuals become more aware of their thoughts, emotions, and behaviors, leading to a greater sense of self-awareness and self-improvement. This workshop is designed to teach individuals techniques for improving their breathing and to help them incorporate these practices into their daily lives.

Course Overview:

Over 70% of attendees report better mental health and relaxation after using the techniques offered in this course.



Number of Participants:

- ▶ Up to 20



Objective:

- ▶ Identify different types of meditation practices, the benefits of meditation, and how to establish a regular meditation practice.
- ▶ Understand the basics of meditation practice.
- ▶ Learn various breathing techniques such as diaphragmatic breathing, alternate nostril breathing, and breath retention. These techniques can help to reduce stress and anxiety, improve focus and concentration, and promote relaxation.



Workplace Exercise For better Posture and Stress Relief

In this program, participants will learn the benefits of keeping an active workplace routine.

Course Overview:

Over 90 % of attendees report better productivity and physical wellness after doing these exercises.



Number of Participants:

- ▶ Up to 20



Objective:

- ▶ Understand the importance of workplace exercise and maintaining healthy posture.
- ▶ Learn how to exercise safely within an office space.
- ▶ Know which body parts to focus on and why.
- ▶ Tips to motivate self and others to integrate routine office workouts into your daily lifestyle at work.



General Health And Wellbeing Awareness

In this workshop participants will learn the importance of general health and wellbeing from a different angle. We establish an understanding of how maintaining a holistic approach of wellbeing in their lifestyle would enhance their performance and overall life fulfilment.

Course Overview:

The objective of this course is to raise self-awareness on the importance of general health of each individual and its impact on the quality of life.



Number of Participants:

- ▶ Up to 20



Objective:

- ▶ Learn about the 6 pillars of wellbeing (physical, emotional, nutritional, professional, social and financial wellbeing) and the importance of maintaining a balance for overall wellbeing.
- ▶ Understand the negative effects of a sedentary lifestyle, poor nutrition, lack of sleep, and other unhealthy habits on physical and mental health.
- ▶ Gain knowledge about the impact of lifestyle choices such as smoking and alcohol consumption on health and wellbeing.
- ▶ Identify common mental and emotional health conditions and strategies for maintaining good mental and emotional health.



Healthy Weight Management

In this workshop participants will learn the concept of healthy weight management. This includes awareness of the risks associated with obesity, such as an increased risk of chronic diseases.

Awareness of healthy weight management also involves understanding the benefits of maintaining a healthy weight, such as improved energy levels, and better sleep quality. An important concept for individuals to understand about healthy weight management, is that it's not about looking slim or fitting into a certain size, it is about living a more fulfilling life through enhancing overall health and wellbeing.

Course Overview:

The objective of this course is to educate the attendees on weight management risks and its impact on health and lifestyle.



Number of Participants:

- ▶ Up to 20



Objective:

- ▶ Understand the concept of energy balance, the role of metabolism, and the importance of a balanced diet and physical activity in maintaining a healthy weight.
- ▶ Learn how to set achievable goals for weight management, taking into consideration their lifestyle, preferences, and health conditions.
- ▶ Learn about common obstacles to weight management, such as food cravings, lack of motivation, and social pressures, and how to overcome them in a healthy way.



Emotional Wellbeing



Stress Management

Stress is a natural response to the challenges and demands of daily life. It is a feeling of emotional or physical tension that arises when we perceive a situation as being difficult, challenging, or threatening. Learning how to manage and cope with stress is essential for maintaining good physical and mental health and improving overall quality of life. This workshop provides awareness as well as practical techniques and tools for participants to effectively manage stress and reduce its effects on their personal and professional lives.

Course Overview:

88% of attendees report an immediate improvement to their stress levels and overall focus and work-life balance.



Length:

- ▶ 90 Min or 3 hours



Number of Participants:

- ▶ Up to 20



Objective:

- ▶ Understand the physical and psychological effects of stress on the body.
- ▶ Identify your stressors with more awareness.
- ▶ Learn coping mechanisms to manage one's responses to stressful situations.
- ▶ Explore healthy lifestyle habits and integrating them into daily routines.



Emotional Intelligence for Effective People Management

Emotional intelligence is crucial for effective people management. It helps managers to understand and communicate better with their team members. This includes understanding their strengths, development areas, concerns, and motivators. This can lead to higher employee engagement and increased job satisfaction.

In this highly interactive workshop, participants will learn 4 simple tools to develop emotional intelligence to effectively manage people, improve leadership skills and create greater team cohesion.

Course Overview:

The course is designed to help future and existing leaders, better channel the capacities of their teams, improve morale and increase overall productivity and job satisfaction.



Number of Participants:

- ▶ Up to 20



Objective:

- ▶ Understand the definition of Emotional Intelligence and its importance to the success of individuals and teams.
- ▶ Learn to identify the 6 basic emotions.
- ▶ Develop one's ability to verbalize and communicate emotional state.
- ▶ Explore techniques for managing one's own emotions and responding appropriately to the emotions of others.
- ▶ Gain an understanding of the skills required to effectively manage people using emotional intelligence (empathy, effective communication and response to other people's emotions).



Fundamentals of Mental Fitness How to Grow The Three Core Mental Muscles to Thrive in Challenging Times

Positive Intelligence is a concept developed by Shirzad Chamine that refers to an individual's ability to respond to life's challenges with a positive, growth-oriented mindset. Positive Intelligence involves strengthening the mental fitness of individuals through various practices such as mindfulness, visualization, and positive affirmations. Our mental fitness program is based on breakthrough, original research by Shirzad Chamine and the synthesis of recent discoveries across neuroscience, positive psychology, cognitive behavioral psychology, and performance science.

Course Overview:

The goal of Positive Intelligence is to develop an alert and calm, better balanced, sensory aware, and creative mindset.



Number of Participants:

- ▶ Up to 20



Objective:

- ▶ Understand the 3 core muscles that are the core of mental fitness.
- ▶ Work on developing stronger mental fitness muscles to tackle everyday stressors more effectively.
- ▶ Learn how to develop self-awareness, including identifying values, strengths, and weaknesses, and understanding how to respond to stress and adversity



Mindfulness Workshop For Mental Clarity

Mindfulness and meditation are practices that involve paying attention to the present moment and cultivating a non-judgmental awareness of one's thoughts, feelings, and physical sensations. These practices have numerous benefits for mental, emotional, and physical wellbeing. In this transformational workshop, participants will experience and learn techniques for practicing mindfulness, achieving mental clarity, relieving stress and enhancing their overall well-being.

Course Overview:

The goal of this workshop is for attendees to learn effective techniques that help with achieving mindfulness and mental clarity.



Number of Participants:

- ▶ Up to 20



Objective:

- ▶ Understanding mindfulness and its benefits for our overall wellbeing.
- ▶ Learn and practice proper mindful breathing, meditation, movement and eating techniques for better mental presence.
- ▶ Tips to integrate mindful practices in daily routine.



Financial Wellbeing



Daily Habits For Better Financial Wellbeing

This workshop is developed to provide guidance to participants on daily habits for better financial wellbeing. It provides them with valuable tools and strategies for managing their money effectively, reducing financial stress, and improving their overall financial health and wellbeing.

The workshop also covers topics related to changing financial habits and behaviors, such as identifying triggers for overspending, managing impulsive purchases, and developing positive money habits over time.

Course Overview:

The goal of this course is to help attendees learn the basics of managing their financial wealth for a stress-free financial wellbeing.



Number of Participants:

- ▶ Up to 20



Objective:

- ▶ Understand what financial wellbeing is and how it can impact overall wellbeing.
- ▶ Learn how to set SMART financial goals that align with their values and priorities.
- ▶ Gain the ability to create a realistic and effective budget that supports their financial goals.
- ▶ Develop and practice healthy financial habits



Future Financial Security

This workshop on future financial security will provide participants with valuable tools and strategies for planning for their financial future and achieving long-term financial security. It can be beneficial for anyone looking to improve their financial planning skills and achieve greater financial stability and security.

During the workshop, participants will learn about various strategies for building wealth and achieving financial security, such as creating a retirement plan. The workshop will also cover topics related to managing debt and reducing expenses in order to improve overall financial wellbeing.

Course Overview:

The goal of this course is to help attendees learn proven techniques in financial wealth management and how to achieve financial stability and security long term.



Number of Participants:

- ▶ Up to 20



Objective:

- ▶ Understand the importance of financial security and how it can impact overall wellbeing.
- ▶ Identify their financial goals, including short-term and long-term goals.
- ▶ Create a financial plan that can help achieve goals, including creating a budget, reducing debt, and building savings.
- ▶ Explore different types of investment options and how they can help build long-term financial security.
- ▶ Learn about retirement planning, including identifying retirement goals and strategies for saving for retirement.



What You Need To Know Before Taking Loans

This workshop is designed to provide participants with what they need to know before taking a loan. It includes valuable information and tips for making informed decisions about borrowing money. It can be beneficial for anyone who is considering taking a loan and wants to learn more about loan types, requirements, and common repayment terms. This will empower participants to select options which fits their financial needs which will enhance their financial wellbeing.

Course Overview:

The goal of this course is to help attendees learn the basics of loans. It highlights the different types, risks and advantages for better financial life choices.



Number of Participants:

- ▶ Up to 20



Objective:

- ▶ Understand what financial wellbeing is and how it can impact overall wellbeing.
- ▶ Identify their financial needs and determine if taking out a loan is the best option.
- ▶ Learn how to assess loan options and how credit scores are calculated and how they can impact loan approval and interest rates.
- ▶ Gain the ability to develop a repayment plan that aligns with their budget and financial goals.
- ▶ Identify predatory lending practices and avoid scams.



Professional Wellbeing



Business Writing Fundamentals

The Business Writing Fundamentals Workshop is designed to help individuals improve their writing skills in a professional setting. Participants will be able to enhance their writing skills to effectively communicate ideas, proposals, or reports. They will be able to structure and develop a clear and concise message and use appropriate language and tone. Participants will also learn how to adapt their writing style to different audience.

Participants will leave the workshop with a better understanding of how to write effectively in a business context, as well as a personalized action plan to continue improving their writing skills.

Course Overview:

The objective of this course is to provide attendees with best practices and techniques on written business communication for better workplace environment.



Number of Participants:

- ▶ Up to 20



Objective:

- ▶ Understand purpose and audience of business writing, and how to tailor message to meet the needs and expectations of targeted audience.
- ▶ Develop clear and concise writing skills, including how to use plain language, eliminate jargon and clichés, and structure for clarity.
- ▶ Learn how to write effective emails and how to structure and format emails for clarity and impact.
- ▶ Identify editing and proofreading skills.



Strategic Time Management

A strategic time management workshop is designed to help individuals learn how to manage their time effectively in order to achieve their personal and professional goals. Participants will learn how to set clear and achievable goals and prioritize them according to the set priority. This workshop will provide participants with tools on how to create a structured plan that aligns with their goals, taking into consideration the time required for each task. By the end of the workshop, participants will have developed a personalized time management plan that will help them achieve their goals efficiently and effectively.

Course Overview:

The objective of this course is to provide attendees with best practices and techniques for time management for better work-life balance.



Number of Participants:

- ▶ Up to 20



Objective:

- ▶ Understand time management principles, including setting goals, prioritizing tasks, and managing distractions.
- ▶ Identify common time wasters and productivity blockers, including procrastination, multitasking, and interruptions, and how to manage them effectively.
- ▶ Develop techniques for effective scheduling and planning.
- ▶ Learn strategies to manage email and other digital distractions, including how to set boundaries, manage notifications, and prioritize messages.
- ▶ Delegate tasks effectively and collaborate with others to manage their time more efficiently.



Strategies for Creating a Customer-Centric Culture

This workshop is a comprehensive workshop designed to equip individuals and organizations with the tools and strategies needed to deliver exceptional customer service and create a culture of service excellence.

Course Overview:

The objective of this course is to put the customer first leading to better results for the organization.



Number of Participants:

- ▶ Up to 20



Objective:

- ▶ Understand the importance of customer service excellence to achieve business success by building customer loyalty, increase sales and drive profitability.
- ▶ Identify customer needs, preferences, and behavior to develop customer-centric strategies that enhance the customer experience.
- ▶ Adopt a service mindset and develop the skills necessary to deliver exceptional customer service, including active listening, problem-solving, and effective communication.
- ▶ Create a customer-centric culture by establishing a customer service vision, setting customer service standards, and engaging employees in delivering exceptional customer service.
- ▶ Handle service failures and complaints effectively, including the use of appropriate techniques to resolve issues and prevent future occurrences.
- ▶ Measure and track service excellence using key performance indicators (KPIs) and customer feedback, providing them with the tools to make data-driven decisions to improve customer satisfaction.



Coaching Techniques For Effective People Management

Effective people management is crucial for any organization's success, and coaching is one of the most powerful tools for achieving success .

This workshop is designed to help managers and team leaders develop the necessary skills they need to coach their employees to success. It provides an overview of coaching and its benefits for people management, including improved performance, greater job satisfaction, and increased motivation.

Course Overview:

The objective of this course is to provide managers with best practices and techniques for motivating and managing the performance of their teams for better results.



Number of Participants:

- ▶ Up to 20



Objective:

- ▶ Learn about the principles and benefits of coaching, including how it can help improve employee performance and promote professional growth.
- ▶ Gain the tools they need to become more effective leaders and coaches in their organizations. This includes learning about coaching principles, coaching skills, coaching for performance and development.
- ▶ Create effective development plans for employees, including identifying areas for improvement, setting goals, and providing support and resources.



Effect Communication For Successful Teams

This highly interactive workshop is designed to help team members improve their communication skills and build stronger, more productive relationships with each other.

The workshop provides practical advice and hands-on learning for participants to gain the tools they need to build stronger relationships, collaborate more effectively, and achieve better results as a team.

Course Overview:

The objective of this course is to provide attendees with best practices and techniques for effective communication to improve the team spirit and overall productivity.



Number of Participants:

- ▶ Up to 20



Objective:

- ▶ Understand the key elements of effective communication, including active listening, clear messaging, and the use of nonverbal communication.
- ▶ Identify different communication methods and manage miscommunications when they take place.
- ▶ Learn techniques for resolving conflicts and giving feedback effectively.
- ▶ Gain an understanding of the impact of culture on communication and learn techniques for communicating effectively across cultures.



Feedback and Difficult Conversations

In this workshop, participants will leave with a better understanding on how to give feedback and handle difficult conversations with professionalism and tact. They will learn how to identify the different types of feedback and how to give them in a constructive manner. They will also learn how to prepare for giving and receiving feedback in a safe and supportive environment. By the end of the workshop, participants will be equipped with the tools and techniques necessary to navigate challenging conversations and provide effective feedback in the workplace.

Course Overview:

The objective of this course is to provide managers with best practices and techniques to communicate business objectives and performance feedback to their team members for a healthy team environment.



Number of Participants:

- ▶ Up to 20



Objective:

- ▶ Understand why feedback is important for personal and professional development, and how it can help to improve performance and build relationships.
- ▶ Identify techniques for giving and receiving feedback effectively, including how to frame feedback in a constructive and supportive manner.
- ▶ Explore common barriers to giving and receiving feedback, such as fear, defensiveness, and resistance, and learn strategies for overcoming these barriers.
- ▶ Examine strategies for utilizing feedback to drive personal and organizational improvement, and how to set goals and track progress over time



Negotiation Skills

This workshop is designed to help participants develop the skills and strategies necessary to negotiate effectively in a variety of business situations. Participants will have a better understanding of the importance of preparation in negotiation, different types of negotiation strategies and how to select the best approach for different scenarios. They will develop a strong foundation in negotiation skills and will be equipped with the tools and strategies necessary to negotiate strongly and effectively.

Course Overview:

The objective of this course is to provide attendees with best practices and techniques for effective negotiations for improving the work relationships..



Number of Participants:

- ▶ Up to 20



Objective:

- ▶ Understand the fundamental principles of negotiation, such as identifying interests, managing relationships, and finding common ground.
- ▶ Plan and prepare for negotiations, including setting goals, identifying alternatives, and anticipating objections.
- ▶ Learn how to communicate effectively during negotiations, including active listening, asking effective questions, and present compelling arguments.
- ▶ Explore tools to manage emotions and build rapport to create a positive and productive negotiation environment and win-win solutions that meet the needs and interests of both parties.



Conflict Management

This workshop is designed to provide participants with the skills and strategies necessary to manage conflicts in a productive and professional manner. Participants will learn the nature of conflict, how it arises in the workplace, and to prevent conflicts before they become more severe. They will also be able to differentiate types of conflicts and the underlying causes by exploring techniques to identify shared goals and reach agreement among team members.

Course Overview:

The objective of this course is to provide attendees with best practices and techniques for managing conflict in a healthy manner in the workplace.



Number of Participants:

- ▶ Up to 20



Objective:

- ▶ Identify the different types of conflict, including interpersonal, intergroup, and organizational conflict, and the underlying causes and dynamics of conflict.
- ▶ Develop techniques for resolving conflicts effectively, including active listening, reframing, negotiation, and problem-solving.
- ▶ Building effective communication skills during conflicts, including how to express one's needs and concerns, and how to understand and respond to the needs and concerns of others.
- ▶ Develop conflict management strategies for their organization or team, including creating policies and procedures for resolving conflicts, and promoting a culture of collaboration and respect.
- ▶ Evaluate and Improve conflict management skills



Women in Leadership

Women in Leadership Workshop is designed to empower women to develop the necessary skills and mindset to excel in leadership positions. Participants will explore various topics, including building confidence and assertiveness, overcoming gender bias and stereotypes in leadership and creating a personal brand and establishing a professional presence. Participants will leave the workshop with a better understanding of their strengths as leaders, as well as a personalized action plan to achieve their career goals.

Course Overview:

The objective of this course is to empower women leaders and to address the gender bias in the workplace for better Equity, Diversity and Inclusivity.



Number of Participants:

- ▶ Up to 20



Objective:

- ▶ Understand gender bias and its impact on women in leadership, and how to recognize and address bias in themselves and others.
- ▶ Learn about leadership essential skills, including communication, collaboration, problem-solving, decision-making, and delegation.
- ▶ Build effective networks and relationships, including how to mentor and be mentored, how to build supportive alliances, and how to create a culture of inclusion and diversity.
- ▶ Learn how to overcome common obstacles to women in leadership, such as discrimination, bias, and stereotyping, and how to break through barriers to achieve success.



Business Ethics Fundamentals

The Business Ethics Fundamentals Workshop is designed to help individuals understand the ethical principles that guide decision-making in a business context. Participants will leave with a better understanding of ethical behavior in the workplace and learn how to make ethical decisions in a professional setting. Participants will learn about the role and benefits of ethics in business and will be able to identify and manage ethical challenges.

Course Overview:

The objective of this course is to provide attendees with an understanding of the governing ethics in business and in the workplace for healthier business relationships.



Number of Participants:

- ▶ Up to 20



Objective:

- ▶ Understand the fundamental principles of business ethics, including integrity, accountability, transparency, and fairness.
- ▶ Know how to recognize ethical issues and dilemmas in business, and how to analyze and evaluate ethical decision-making.
- ▶ Learn techniques for ethical decision-making, including identifying stakeholders, analyzing consequences, and considering ethical principles and values.
- ▶ Build an ethical culture in the organization, including creating codes of conduct, training programs, and communication strategies to promote ethical behavior and values.
- ▶ Identify and manage ethical risks in their organization, including creating policies and procedures for managing conflicts of interest, reporting ethical violations, and protecting whistleblowers.



Nutritional Wellbeing



Healthy Meal Prep Essentials

This workshop is designed to teach participants how to plan and prepare healthy meals in advance, with the goal of saving time and promoting healthy eating habits. By learning how to plan and prepare nutritious meals, participants can improve their health, increase their energy levels, and enhance their overall wellbeing.

Course Overview:

The goal of this workshop is to educate attendees on healthy eating habits and provide practical solutions for a healthier lifestyle.



Number of Participants:

- ▶ Up to 20



Objective:

- ▶ The importance of planning meals ahead of time to enjoy a balanced nutrition and to save money.
- ▶ Tips for meal planning and grocery shopping, such as making a healthy shopping list, choosing seasonal produce, buying in advance, and integrating meal prep in daily routine.
- ▶ Tips for quick prep and examples of healthy meals that are easy to prepare.



Food For Your Mood

This workshop provides a valuable opportunity for people to learn more about the connection between what they eat and how they feel. It is designed to educate participants on how food can positively impact our mental health and wellbeing. By providing practical advice and hands-on learning, participants can gain the tools they need to take control of their mental health through their diet.

Course Overview:

The goal of this workshop is to educate attendees on the effect of the food we eat on our psyche.



Number of Participants:

- ▶ Up to 20



Objective:

- ▶ Understand the relationship between food and mood.
- ▶ Identify specific foods and nutrients that can help support positive mood and mental health, including omega-3 fatty acids, B vitamins, probiotics, and antioxidants.
- ▶ Learn about the connection between the gut and the brain, and how the foods we eat can influence gut health and impact mental health and wellbeing.



Healthy Cooking Fundamentals

This workshop is designed to teach participants the basics of cooking nutritious, wholesome meals at home. It provides an overview of the benefits of cooking at home, including saving money, eating healthier, and building important life skills.

Course Overview:

The goal of this workshop is to educate attendees on fast, healthy and effective cooking techniques.



Number of Participants:

- ▶ Up to 20



Objective:

- ▶ Understand kitchen essentials, important ingredients, different basic healthy cooking methods and meal planning.
- ▶ Gain the tools needed to improve health and well-being through a healthy diet.
- ▶ Learn time-saving tips for healthy cooking, including how to prepare ingredients in advance and plan pocket friendly meals for the week ahead



Healthy Food Take-out/ Delivery

A practical and useful workshop on healthy food take-out. It provides valuable opportunity for participants to learn more about how to make healthier choices when eating out. By providing practical advice and hands-on learning, participants can gain the tools they need to improve their health and wellbeing through their diet, even when ordering food for take-out or delivery.

Course Overview:

The goal of this workshop is to educate attendees on how to make healthy and mindful choices for take out food.



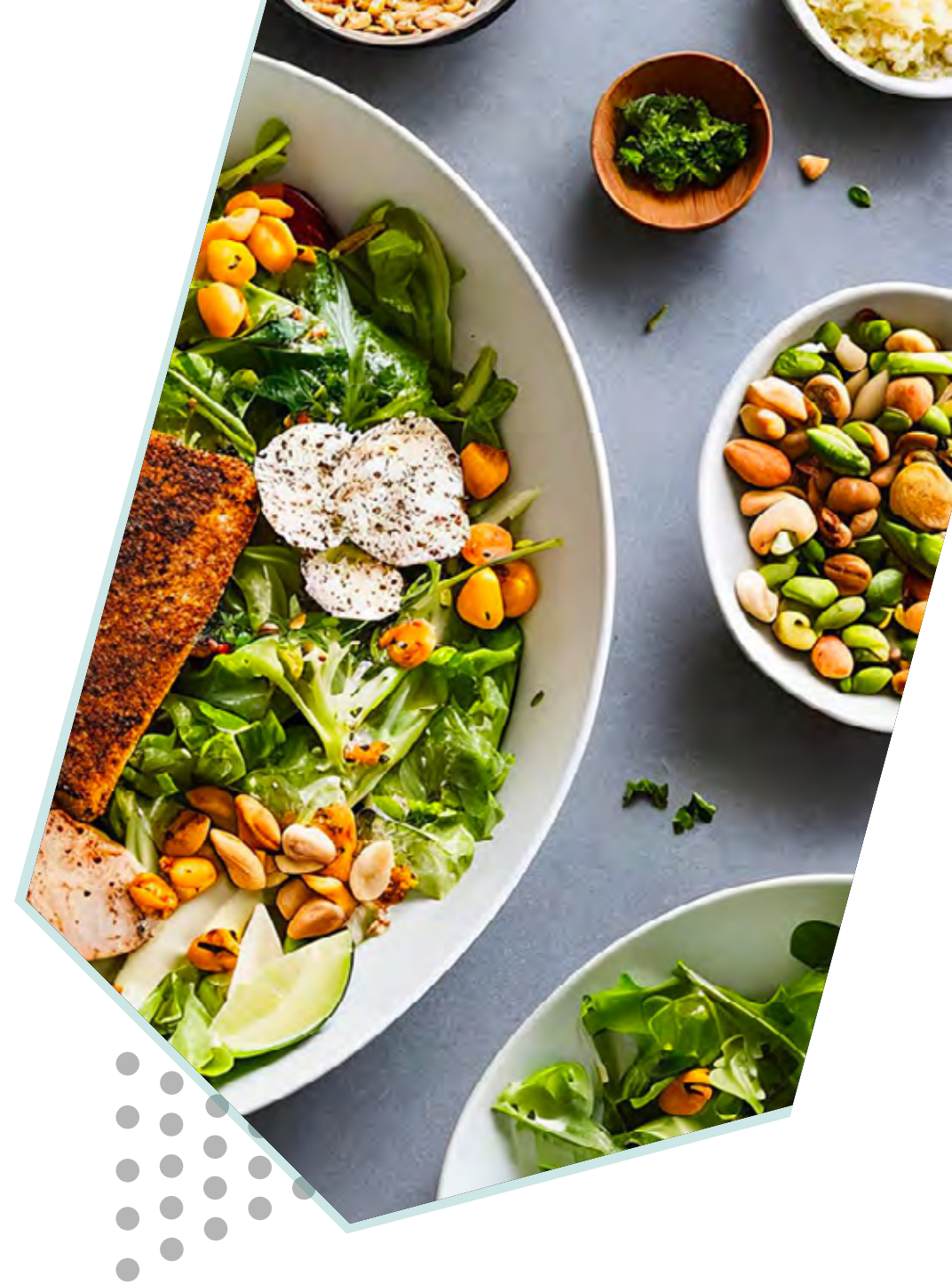
Number of Participants:

- ▶ Up to 20



Objective:

- ▶ Understand the importance of making healthy food choices, including the benefits of a balanced diet and the potential risks associated with consuming unhealthy foods.
- ▶ Identify healthy food options when ordering take-out or delivery, including how to read menus, understand nutrition labels, and make healthier substitutions.
- ▶ Establish a balanced and nutritious diet while enjoying the convenience of restaurant meals.
- ▶ Manage their meal portions by grasping the importance of controlling portion sizes and develop skills when they opt for take-out or delivery services.



Social Wellbeing



Networking: Building an Effective Network

In this workshop, participants will explore the psychology behind social connections and learn and practice strategies for building meaningful relationships both online and offline, leading to greater success, opportunities and relationships.

Course Overview:

The objective of this course is to introduce the power of social media and best practices to effectively use them to achieve the company goals and increasing the engagement of the customers and employees with the company brand image.



Number of Participants:

- ▶ Up to 20



Objective:

- ▶ Understand why building a strong network is important in both personal and professional contexts.
- ▶ Identify the key skills required for effective networking, such as active listening, communication, and relationship-building.
- ▶ Develop a personalized networking strategy that aligns with their goals and interests.
- ▶ Build and Maintain strong professional relationships.
- ▶ Understand the dos and don'ts of networking.
- ▶ Learn about different networking opportunities.



Setting Healthy Boundaries for stronger relationships

In this workshop, the participants will learn how to confidently and compassionately communicate their needs, values, and limits, for greater self-awareness, personal growth, and fulfilling relationships. They will gain practical tools to identify the barriers preventing them from setting healthy boundaries, leading to greater self-respect, confidence, and authentic relationships.

Course Overview:

The objective of this course is to equip attendees with the power to stand up for their rights and dues for a better self-fulfillment.



Number of Participants:

- ▶ Up to 20



Objective:

- ▶ Understand what boundaries are and why they are important in personal and professional relationships.
- ▶ Grasp how cultural and social factors may impact the setting of boundaries and the ability to enforce them.
- ▶ Identify their personal boundaries and understand how these boundaries may differ from others.
- ▶ Develop healthy communication skills to set boundaries effectively and in way to promote mutual understanding and respect.
- ▶ Identify common boundary violations, such as emotional manipulation or physical aggression.
- ▶ Learn and practice techniques for setting and enforcing boundaries in various situations, such as saying “no” to requests or ending a conversation that crosses their boundaries



Corporate Social Responsibility Activities & Events



Charity Run

The charity run activity involves organizing a run or walk event that raises funds for a specific charity or cause. The event can be organized for employees, customers, or the community, and participants can choose to run, walk, or volunteer for the event.



Number of Participants:

- ▶ Minimum 10



Outcome:

- ▶ Support a specific charity or cause. By participating in the event, the company demonstrates its commitment to social responsibility and helps to raise funds for a good cause.
- ▶ Engage participants in physical activity, promoting a healthy and active lifestyle. This can help to reduce absenteeism, increase productivity, and improve overall employee health and wellbeing.
- ▶ The charity run provides an opportunity for employees to work together towards a common goal. This helps to build teamwork and collaboration skills, which can be applied in the workplace to improve productivity and efficiency.
- ▶ Promote employee engagement and job satisfaction by providing a sense of purpose and fulfillment. This can lead to increased employee morale, loyalty, and retention.



Making Dolls for Refugee Children

The toy making activity involves organizing a workshop where participants will learn to create handmade toys using eco-friendly and recycled materials. The objective of the activity is to donate the toys to orphaned, refugee, or sick children, providing them with joy, comfort, and a sense of belonging.



Number of Participants:

- ▶ Minimum 10



Outcome:

- ▶ This activity promotes social responsibility by encouraging participants to give back to the community.
- ▶ Encourage participants to express their creativity and collaborate with others in creating something unique by cultivating valuable teamwork and collaboration skills that are crucial for personal and professional growth.
- ▶ Foster community development by bringing people together for a common cause. This helps to build strong community ties and contribute to the wellbeing of those in need.
- ▶ By using eco-friendly and recycled materials, this activity promotes sustainable and environmentally friendly practices, encouraging participants to think about the impact of their actions on the environment.



Food Distribution

The non-perishable food items distribution activity involves packaging and distributing boxes packed with pantry items to people in need.

The distribution can be organized in partnership with a local charity or food bank.



Number of Participants:

- ▶ Minimum 10



Outcome:

- ▶ Provide pantry items to people who are experiencing food insecurity. By distributing non-perishable food items, the company demonstrates its commitment to social responsibility and helps to address a critical social issue.
- ▶ Foster community development by bringing people together for a common cause. This helps to build strong community ties and contribute to the wellbeing of those in need.
- ▶ Provide an opportunity for employees to engage in a meaningful way with the community. This can help to increase their sense of purpose and fulfillment, leading to increased loyalty and retention.
- ▶ Contribute to the betterment of the environment by packaging and distributing non-perishable food items, this activity promotes sustainable practices and reduces food waste.
- ▶ Provide an opportunity for employees to develop leadership, communication, and organizational skills. This can be beneficial for their personal and professional development and can help to improve their performance in the workplace.



Initiatives for Sustainable Environment

The non-perishable food items distribution activity involves packaging and distributing boxes packed with pantry items to people in need.

The distribution can be organized in partnership with a local charity or food bank.



Number of Participants:

- ▶ Minimum 10



Outcome:

- ▶ Promote and raise awareness about the importance of protecting the environment and inspire others to adopt more sustainable practices.
- ▶ Encourage community involvement and engagement, build stronger relationships with community and demonstrate commitment to social responsibility.
- ▶ Improve environmental conditions. For example, protect wildlife and prevent pollution by cleaning up beaches or deserts and reduce greenhouse gas emissions and improve air quality by planting trees.
- ▶ Provide an opportunity for employees to develop teamwork, leadership, and communication skills. This can be beneficial for their personal and professional development and can help to improve their performance in the workplace.



CSR Initiatives

Corporate Social Responsibility (CSR) activities refer to the efforts made by companies to contribute to society by taking responsibility for their impact on the environment, communities, and other stakeholders beyond their immediate financial performance.



Length:

- ▶ Half or Full Day



Number of Participants:

- ▶ Up to 200



Outcome:

- ▶ Support social and environmental causes that align with values and priorities. These activities can include donating money, goods, or services to non-profit organizations or supporting community initiatives.
- ▶ Build customer loyalty and attract talented employees who value working for socially responsible companies.
- ▶ Strengthen relationships and build trust with their stakeholders, including customers, employees, suppliers, and communities.
- ▶ Improve employee morale and engagement by providing opportunities for employees to give back to their communities and engage in meaningful work outside of their regular job duties.
- ▶ Mitigate risks associated with social and environmental issues. By taking proactive steps to address these issues, companies can reduce the likelihood of negative impacts on their business operations and reputation.



Corporate Sports Events



Cricket One Day Tournament

A game is played by 120 million players world-wide making it the second most popular sport in the world.



Length:

- ▶ Half or Full Day



Number of Participants:

- ▶ Up to 200



Outcome:

- ▶ Min 8 and max 10 per team



Football One Day Tournament

One day Football event aims to promote a unique sports experience for enhanced employee wellness and engagement in the spirit of friendly competition.



Length:

- ▶ Half or Full Day



Number of Participants:

- ▶ 10 – 200



Outcome:

- ▶ Min 5 and max 8 per team



Basketball One Day Tournament

A Great fun one day that involves all of your team and colleagues in a basketball event , whether taking part or cheering on or booing at your teammates and the competition.



Length:

- ▶ Half or Full Day



Number of Participants:

- ▶ 10 – 200



Outcome:

- ▶ Min 5 and max 8 per team



Team Building Activities & Events



The Big Picture

Increase team cohesion and brand awareness during a fun and engaging activity where colleagues come together to create a colossal painting reflecting company values, a new product or highlight from the previous year.



Length:

- ▶ Half or Full Day



Number of Participants:

- ▶ Up to 200



Outcome:

Whether your organisation is small, medium or a global organisation, good teamwork, comradery and communication are the foundations for success. The Colossal Picture is a great way of encouraging employees to see how important they are in the bigger picture, no matter how small their individual role is.



In-Office Games

Happier teams are more creative, productive, and successful. When we play together, positive bonds are created. Fast and exhilarating, in-office games are a great way to build rapport and enhance communication in your organization. Play also raises empathy and awareness of others leading to deeper work relationships.



Length:

- ▶ Half or Full Day



Number of Participants:

- ▶ Up to 200



Outcome:

- ▶ Builds better team spirit
- ▶ Raises motivation and morale
- ▶ Enhances employee engagement
- ▶ Improves the quality of communication
- ▶ Contributes to a positive atmosphere



Beach Tournament

There's nothing like getting out of the office and into the fresh air to raise spirits!



Length:

- ▶ Half or Full Day



Number of Participants:

- ▶ Up to 200



Outcome:

- ▶ Enhances comradery
- ▶ Builds company culture
- ▶ Creates meaningful bonds
- ▶ Promotes better work life balance
- ▶ Boosts performance and productivity



Classic Team Building

Great teamwork is the backbone of any successful organization. Classic team building breaks down barriers, builds trust, and enhances engagement. It also increases employee collaboration and helps them develop new skills while having a lot of fun.



Length:

- ▶ Half or Full Day



Number of Participants:

- ▶ Up to 200



Outcome:

Classic Team Building helps individuals develop the soft skills required to become exceptional teammates.

- ▶ Boosts performance
- ▶ Unlocks hidden potential
- ▶ Enhances company culture
- ▶ Forms bonds and connections
- ▶ Builds bridges across departments



VIWELL

Let's Talk

Enquire about our event services, or request early access to the VIWELL total people wellbeing platform using the form below.

www.viwell.com