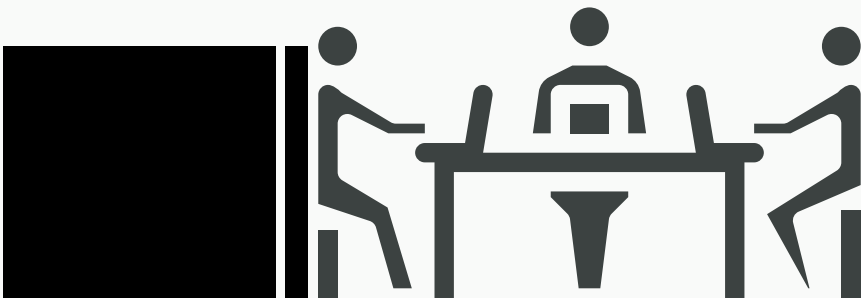




# FEEL AMAZING WITH RACHEL WM WORKPLACE WELLNESS PROGRAM

By Rachel WM

Workplace Wellbeing



# A BALANCED LIFE

Promoting

- a glowing skin
- a healthy body
- a happy mind

# Program Objectives

---



## ENHANCE EMPLOYEE WELLBEING

Improve the overall health, happiness, and productivity of employees through a holistic wellness program.



## SUPPORT ORGANISATIONAL GOALS

Align the wellness program with organisational goals to enhance employee satisfaction and retention.



## PROMOTE BEHAVIOURAL CHANGE

Encourage positive behavioural changes in work, health, play, and love areas to foster a healthier and more supportive work environment.



## PROVIDE COMPREHENSIVE SUPPORT

Offer a range of support services, including legal and financial counselling, to address diverse employee needs.



## INCREASE EAP AWARENESS

Raise awareness about Employee Assistance Programs (EAPs) and the resources available to employees for mental and physical health.

# Program Outlines

Healthier People  
Healthier Business

## General Program Features

**Wellbeing Kits:** Tailored mental health and well-being kits with training and workshop modules for employees.

**Dedicated Account Manager:** A dedicated account manager to assist with program design, provide campaign material, and manage employee rewards and incentives.

**Wellness Program Discovery and Planning Session:** An initial planning session to customise the program according to company needs.

**Program Focus Area: Work, Health, Love and Play.** (Workshop/seminar/webinar/blog article)

**Quarterly and Annual Reporting:** Standard reports and summaries, including in-depth analytics, to guide program effectiveness and ensure quality control.

**Performance Guarantee:** Assurance of program effectiveness and support.



# Tailored service for your team:

Whether it's a fitness class, mental health initiative, mindfulness workshop, or any other wellness offering, we are dedicated to bringing you all-rounded selections available in the market. Our services are designed to meet the diverse needs of your team, ensuring a comprehensive approach to employee well-being.

- Workplace Seated massage
- Corporate Yoga
- Meditation
- Physio Ergonomic Assessment
- Menopause program
- Life Coach program
- Team cooking program
- Acupuncture
- Skin scanning detailed assessments
- Group exercise sessions



# Wellness Wonders Starter Essentials:

Our Wellness Wonder Starter Program includes a comprehensive suite of services aimed at fostering a positive workplace environment, enhancing team cohesion, and promoting personal and professional growth among employees.

|   |   |
|---|---|
| <b>1 x Team Activity Session</b>        | <b>Choose from a variety of workshops available in any of the following areas: Work, Health, Love, and Play.</b>  |
| <b>Duration</b>                         | <b>90 min</b>   |
| <b>Session size</b>                     | <b>Depends on the chosen workshop</b>   |
| <b>Personal Care Treatments Service</b> | <b>4 x sessions of one-hour skin or body care treatments, designed to rejuvenate and revitalise, choose from 3 locations - Wynyard, Chatswood and North Ryde.</b> |
| <b>Cost</b>                             | <b>\$1100</b>   |



Healthier People  
Healthier Business

# OUR TEAM BUILDING WORKSHOPS



Workshop highlights:

Healthier People  
Healthier Business

# Workplace Massage

|              |                               |
|--------------|-------------------------------|
| Instructor   | Experienced Massage Therapist |
| Duration     | 120 min                       |
| Session size | up to 30 participants         |
| Cost         | \$480                         |



- Reduce stress & anxiety
- Improve morale
- Decrease overuse injuries, relief muscle soreness, increase immune function
- Improve sleep quality, relieve headaches, increase focus and energy
- Engage employee
- Sydney Metropolitan area





Workshop highlights:

Healthier People  
Healthier Business

# Corporate Event and Conference Massage

|              |                               |
|--------------|-------------------------------|
| Instructor   | Experienced Massage Therapist |
| Duration     | 120 min                       |
| Session size | up to 30 participants         |
| Cost         | \$600                         |



- Creates a calming and relaxing environment, promoting mental well-being.
- Provides a refreshing break, leaving employees feeling appreciated and energised.
- Provides a shared experience that can enhance interpersonal relationships among employees.
- Transforms the work environment into a more relaxing and pleasant place.
- Contributes to a positive company culture that prioritizes health and wellness.



Workshop highlights:

Healthier People  
Healthier Business

# Workplace Mental Health Training

|              |   |
|--------------|---|
| Instructor   | Certified NLP Practitioner -<br>Holistic Counsellor |
| Duration     | 1 hour / 2 hour                                     |
| Session size | up to 40 participants                               |
| Cost         | \$660 / \$1100                                      |



Give your staff the skills to:

- Recognise mental illness,
- Help colleagues in need,
- Maintain their own good mental health.

**Legal benefits:** Complying with government WHS Laws that require employers to provide working conditions that are both physically and mentally healthy. Providing mental health training is an important component of demonstrating that you have met this requirement.



Workshop highlights:

Healthier People  
Healthier Business

# Resilience and Positive Psychology Workshop

|              |  |
|--------------|--|
| Instructor   | Certified Positive Psychology Practitioner |
| Duration     | 2 hours / 4 hours                          |
| Session size | up to 40 participants                      |
| Cost         | \$660 / \$1100                             |



## Program outlines:

- Overview of key concepts and benefits.
- Practical exercises and strategies.
- Activities to foster a positive mindset.
- Developing a personal and team action plan for continued growth.

## Benefits:

Promotes a healthier and happier workplace.  
Helps employees manage stress effectively.  
Empowers employees to take charge of their well-being.  
Builds a positive and resilient organizational culture.

Workshop highlights:

Healthier People  
Healthier Business

# Stress Reliever Workshop

|              |   |
|--------------|---|
| Instructor   | Certified NLP Practitioner,<br>Hypnotherapist |
| Duration     | 90 min  |
| Session size | up to 40 participants                         |
| Cost         | \$900   |



Work

- Apply Rapid De-stress Techniques in workplace to overcome stress
- Transform working modds from negative into supportive
- Set-i[ the Rapid De-stress Techniques through pair-up practice
- Be trained up as “Stress Reliever for Workplace” to help each other.



Workshop highlights:

Healthier People  
Healthier Business

# Aroma Roll-on/Body Mist DIY Workshop

|              |  |
|--------------|--|
| Instructor   | Registered Mindfulness Instructor and Aromatherapist |
| Duration     | 60 min   |
| Session size | Up to 20 participants                                |
| Cost         | \$480  |



- Aromatherapist will share the concept and knowledge of essential oil usage
- An aroma roll-on / body mist will be created by participants according to personal needs.
- Using the made items for breath work practice and mild stretching exercises with the participants to relieve physical and mental stress together.



Workshop highlights:

Healthier People  
Healthier Business

# Corporate Yoga

|              |                       |
|--------------|-----------------------|
| Instructor   | Yoga Instructor       |
| Duration     | 60 min / 120 min      |
| Session size | up to 25 participants |
| Cost         | \$480 / \$700         |

Option for 6 weeks wellbeing program.



- Reduces Stress: Helps to lower stress and promote relaxation.
- Enhances Focus: Improves concentration and mental clarity.
- Increases Flexibility: Boosts physical flexibility and range of motion.
- Strengthens Team Bonds: Encourages team building and enhances group dynamics.
- Supports Well-being: Promotes overall physical and mental well-being.



Workshop highlights:

Healthier People  
Healthier Business

# Corporate Pilates

|              |  |
|--------------|--|
| Instructor   | Clinical Pilates Instructor /<br>Physiotherapist |
| Duration     | 60 min / 120 min                                 |
| Session size | up to 20 participants                            |
| Cost         | \$480  |

Option for 6 weeks wellbeing program.



- Improves concentration and mental clarity by encouraging mindfulness and precise movements.
- Boosts physical flexibility and range of motion through controlled stretching and strengthening exercises.
- Encourages team building and enhances group dynamics through shared activities and mutual support.



Workshop highlights:

Healthier People  
Healthier Business

# Tai Chi Class

|              |                                  |
|--------------|----------------------------------|
| Instructor   | 15+ years Experienced Instructor |
| Duration     | 120 min                          |
| Session size | up to 20 participants            |
| Cost         | \$480                            |



- Reduces Stress: Helps to calm the mind and reduce stress levels.
- Improves Balance: Enhances physical balance and coordination.
- Boosts Flexibility: Increases flexibility and range of motion.
- Enhances Relaxation: Promotes deep relaxation and mindfulness.
- Supports Overall Health: Contributes to better overall physical and mental health.

Please note that this activity is not applicable for Wellness Wonders Starter Essentials.



Workshop highlights:

Healthier People  
Healthier Business

# Physio Ergonomic Assessment

|              |                            |
|--------------|----------------------------|
| Instructor   | Registered Physiotherapist |
| Duration     | 120 min                    |
| Session size | up to 30 participants      |
| Cost         | \$1200                     |



- An in-depth ergonomic assessment in workplace ergonomics and workplace injury prevention. The assessment an ergonomic assessment of their workstation, as well as a discussion with the employee about their injury and presenting symptoms.
- Employee education, aimed at addressing and reducing the presenting symptoms.
- A detailed report provided to your nominated HR/OHS representative outlining our findings, and any additional recommendations, such as preventative exercises or ergonomic equipment.

Please note that this activity is not applicable for Wellness Wonders Starter Essentials.

Workshop highlights:

Healthier People  
Healthier Business

# Breakthrough Breathwork Workshop

|              |  |
|--------------|--|
| Instructor   | Certified Life Awareness Breathwork Instructor |
| Duration     | 120 min  |
| Session size | up to 20 participants                          |
| Cost         | \$880  |



- Tapping into a range of breathing techniques.
- Enhanced cardiovascular performance.
- Increased energy levels
- Enhanced immunity recovery / resilience.
- Improved deep sleep.
- and even reduced pain levels.
- Back-by the science techniques.

Workshop highlights:

Healthier People  
Healthier Business

# Corporate Meditation Workshop

|              |   |
|--------------|---|
| Instructor   | Certified Life Coach and NLP Practitioner |
| Duration     | 60 min                                    |
| Session size | up to 50 participants                     |
| Cost         | \$480                                     |



- Lowers cortisol levels, helping to reduce stress and anxiety.
- Promotes a sense of calm and relaxation, improving overall mental health.
- Encourages a positive outlook and emotional resilience.
- Helps employees manage emotions better, leading to improved workplace interactions.
- Demonstrates that the company values employee well-being, boosting morale.

Workshop highlights:

Healthier People  
Healthier Business

# Empathy and Understanding Workshop

|              |  |
|--------------|--|
| Instructor   | Certified Positive Psychology Practitioner |
| Duration     | 1 hour / 2 hour                            |
| Session size | up to 50 participants                      |
| Cost         | \$680 / \$ 1100                            |



Love



- Developing empathy and understanding in relationships.
- Exercises to enhance emotional intelligence.
- How to make effective communication.
- Relationship bingo game.
- Take home strategies.

Workshop highlights:

Healthier People  
Healthier Business

# Building Positive Relationships Workshop

|              |  |
|--------------|--|
| Instructor   | Certified Positive Psychology Practitioner |
| Duration     | 1 hour / 2 hour                            |
| Session size | up to 50 participants                      |
| Cost         | \$680 / \$ 1100                            |



Love

- Learn how to express yourself clearly and listen actively.
- Gain tools to handle disagreements constructively without damaging relationships.
- Develop a deeper understanding of others' perspectives and build stronger bonds based on trust.
- Leave the workshop with a personalized plan to continue developing your relationship skills.



Workshop highlights:

Healthier People  
Healthier Business

# Tea Pop-up

|              |                               |
|--------------|-------------------------------|
| Instructor   | Experienced Tea Master        |
| Duration     | 60 min                        |
| Session size | Price to be quoted on request |
| Cost         | Min \$1100                    |



- Set up a tea station and serve a curated selection of hot & cold brew teas for people to enjoy on a casual basis.
- Popular tea selection to choose.
- Participants can sit and taste teas, take some tea home to have their personalised tea party at home.

Please note that this activity is not applicable for Wellness Wonders Starter Essentials.

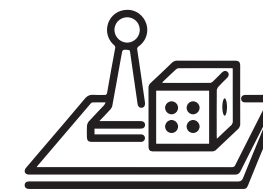


Workshop highlights:

Healthier People  
Healthier Business

# Candle Making Working

|              |  |
|--------------|--|
| Instructor   | Experienced and Certified Candle Maker |
| Duration     | 120 min                                |
| Session size | up to 20 participants                  |
| Cost         | \$680                                  |



Play



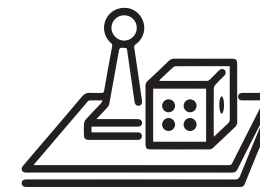
- This class is designed to be a great way to learn how to make a variety of candle styles. We walk through how to set up your kitchen, safety and the main principles behind making the perfect candle.
- Upon arrival you are welcomed with coffee, tea and biscuits - Please come a few minutes early to allow for traffic and settling in.
- All materials used in the class are covered in your fee. You get to take home all the candles you make! Bring yourself and a smile.

Workshop highlights:

Healthier People  
Healthier Business

# LEGO Serious Play

|              |   |
|--------------|---|
| Instructor   | Certified Leadership Coach and Lego Serious Play Instructor |
| Duration     | Half day / Full day   |
| Session size | Price to be quoted on request                               |
| Cost         | min spend \$2000  |



Play



- Tackle challenges as a team and cooperation within the teams
- Build a shared team identity
- Allow the team to agree how to best work together
- Break down silos, overcome barriers and share their experiences.



Workshop highlights:

Healthier People  
Healthier Business

# Points of You Photo Play

|              |                                      |
|--------------|--------------------------------------|
| Instructor   | Certified Points of You Practitioner |
| Duration     | 120 min                              |
| Session size | 15 to 20 participants                |
| Cost         | \$880                                |



- Empowering growth through experiential learning.
- Use tools leverage the powerful language of photos, utilizing science-backed techniques to ignite imagination and trigger intuition.
- Transform how your teams communicate and collaborate.
- Create space for your employees to speak up, boosting team performance and well-being.

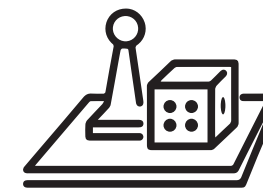


Workshop highlights:

Healthier People  
Healthier Business

# Introductory Make-up Class

|              |                            |
|--------------|----------------------------|
| Instructor   | Experienced Make-up Artist |
| Duration     | 60 min                     |
| Session size | up to 20 participants      |
| Cost         | \$480                      |



Play

An introductory makeup class provides valuable skills and knowledge for individuals looking to enhance their personal appearance. This class is particularly beneficial for busy working mums, offering practical tips and techniques that can be easily integrated into their daily routines.

- Make your make-up long-lasting
- Make your make-up base look flawless



# Program Milestone

Healthier People  
Healthier Business

01

Initial Consultation: Conduct a discovery session to understand the specific needs and goals of the company.

02

Program Customisation: Tailor the wellness program based on the initial consultation and ongoing feedback.

03

Prepaid Hours Management: Manage and track the usage of prepaid hours, deducting used hours from the total purchased.

04

Flexible Scheduling: Schedule webinars, workshops, and sessions based on employee availability and company needs.

05

Regular Check-ins: Provide regular check-ins and updates through the dedicated account manager to ensure the program meets the company's goals.

06

Additional Services: Offer additional services at a rate of \$198 per hour once the prepaid hours are exhausted.





Our mission is to create healthier, happier  
people to build healthier businesses.

Rachel WingMan  
[rachel@rachelwm.com.au](mailto:rachel@rachelwm.com.au)  
0423 378 883