

Experiential Corporate Wellness

Building a Healthier and More Engaged Workforce



The Need for Corporate Wellness

Talking Mental Health:

58%

of employees do not feel comfortable (The Harris Poll, 2022)

Feel Dread:

87%

of employees feel dread at least once a month, with almost half experiencing it weekly (Headspace, 2023)

Personal lives affected by Stress:

3/4

of employees; this is more prevalent with **men (83%)** than **women (72%)**. (ADAA, 2021)

Stress and anxiety negatively impact

56%

of employee workplace performance. (ADAA, 2021)

More inclined to their best work with well being

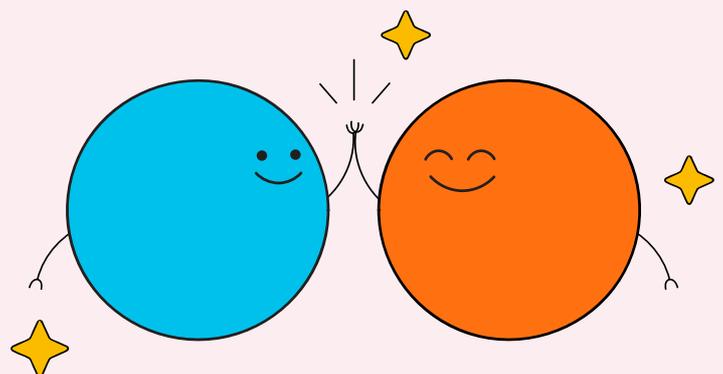
91%

of employees (American Psychological Association, 2017)

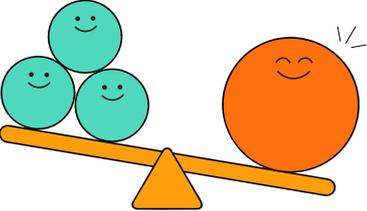
The average return-on-investment (ROI) for employee wellness programs is

6-to-1.

(Zippia, 2023)



Would you rather be an organization focused on doing things right, or one committed to doing the right thing?

Doing Things Right	Doing the right thing, on the other hand
 <p>Refers to efficiency, accuracy, and adherence to established procedures and standards.</p>	 <p>Is about ethics, integrity, and moral judgment.</p>
 <p>It's about executing tasks correctly and ensuring that processes are optimized for the best results.</p>	 <p>It involves making decisions that align with core values, even if they are difficult or unpopular.</p>
 <p>This is important for maintaining consistency, reliability, and quality in an organization's operations.</p>	 <p>It prioritizes long-term benefits and the greater good over short-term gains or convenience.</p>
 <p></p>	 <p>It integrates the concept of mindfulness and wellness.</p>

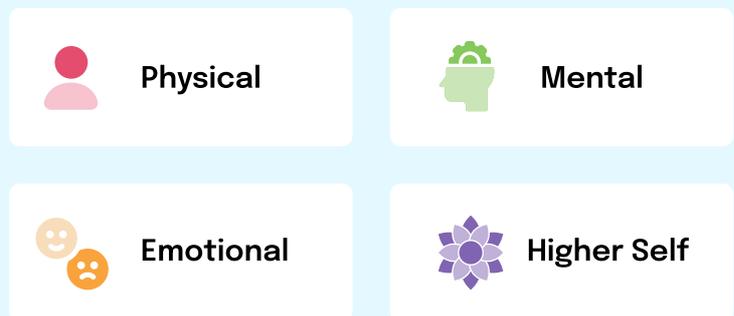
The Paradigm Shift in Corporate Wellness

	The Holy Cows: Traditional Approach	The New Paradigm
What is corporate wellness?	A day off, a spa treat, a good meal	 <p>A corporate culture shift applicable anytime anywhere by anyone with experiential learning tools.</p>
Is wellness only about physical health?	Yes. Hence, corporates provide gym memberships, vouchers, reimbursements for blood tests and/or eye tests, medical insurance at the like.	 <p>Physical aspect is one part of wellness. Mental and emotional well-being for agility and emotional health for customer centricity being the other parts.</p>
How can wellness be part of our culture?	Through sensitisation sessions- talks, initiations, wellness day /month etc.	 <p>By making holistic wellness a part of the company culture i.e. empowering employees by encouraging them to make self-paced wellness techniques a part of their daily routine.</p>
How to measure the impact of corporate wellness programs?	By measuring short-term indicators like improvement in employee eyesight, posture and other ailments.	 <p>By creating an empowering mindset shift amongst employees by tackling the root cause (rather than constantly fire-fighting the symptoms for short term relief)</p>
How is Gamification used in corporate wellness?	For dissemination of information i.e. emailing articles on health/wellness, daily exercises etc.	 <p>To inculcate habits into employees' daily routine via experiential techniques within office hours</p>

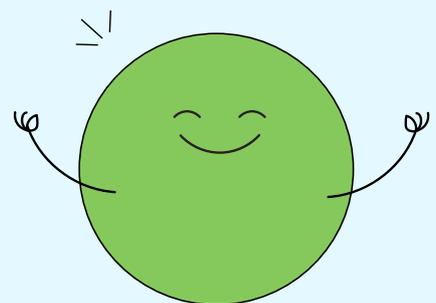
The FocusU Approach: The SERENE Framework



Our Experiential Corporate wellness full day workshops are based on SERENE framework which englobes the 4 areas of development :



Just like the SWAN our aim is to empower each participant with tools to constantly do the inner work under the muddy water and at the same time glide smoothly through their lives above the water with serenity.



Some of our workshops

Be Me!

Nurture and recharge your body and spirit, fostering resilience and well-being in your daily lives.



Benefits of this workshop:

- More energized, more creative employees
- Better Rest = Better clarity at work
- The correct nutrients make you more energetic and alert
- Overcome lethargy, depression and burnout
- Reinforcing the importance of self-grooming
- Improved self-confidence

Be Zen!

Unlearn and relearn how to breathe. Variations of breathing techniques including the power of stretching that will shift the way you feel in just a few minutes.



Benefits of this workshop:

- Instant Physical relaxation of body tensions/stiffness
- Calming the nervous system for inner calmness and clarity of mind
- Overcoming anxiety, panic attacks and burnout
- Learn tools that can help you overcome overwhelm and empowered. To be used anytime and anywhere, these tools help recenter you with the right emotional state
- Helps in anger/conflict management

Be Understanding!

Cultivate a workplace culture where understanding and compassion towards colleagues, clients, and stakeholders are prioritized.



Benefits of this workshop:

- Stop the Blame Game
- Conscious Leadership
- Analysis of situations
- We Before Me
- Personal Growth
- Mindshift

Be Serene!

Manage your emotions, help boost your self-confidence and inner peace.



Benefits of this workshop:

- Enhance decision making
- Team Collaboration
- Interconnectedness
- Creating a safe space
- Being non-judgmental



Duration: 1 hour or Half Day (3 hours)



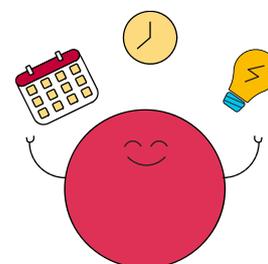
Location: Ideally in a conference room or a zen space



Recommended: Maximum 20 persons



Requirement: Relaxed Clothing



Gamifying Corporate Wellness can enhance employee engagement and participation

Using Gamification for a corporate wellness program can significantly enhance engagement and participation.

Here's how:



Motivation Points and Rewards



Enhanced Engagement Challenges and Quests



Interactive Content: Use quizzes, polls, and multimedia content to keep participants interested



Behavioral Change Goal Setting



Community Building Social Interaction

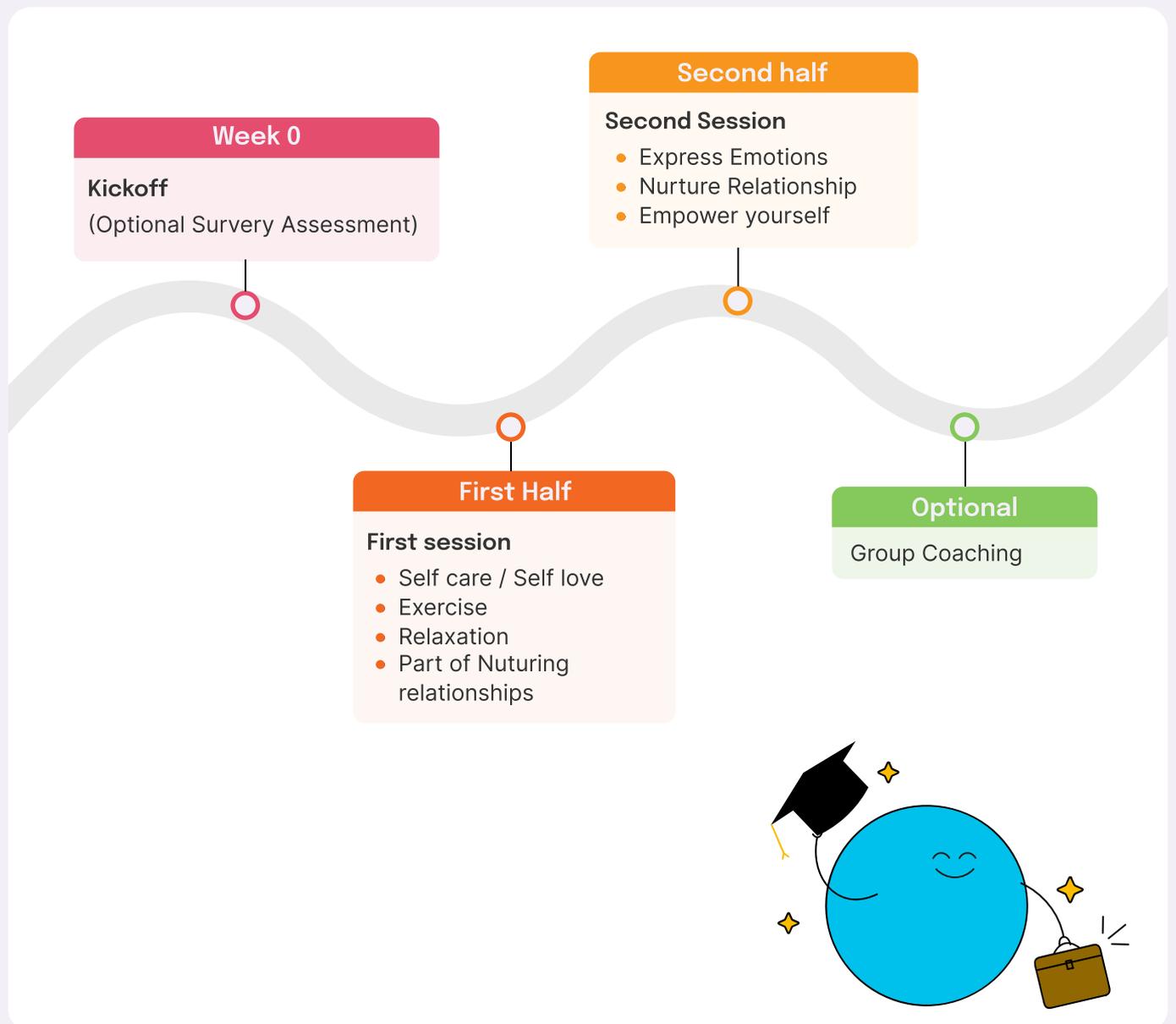


Progress Data and Analytics

Our Gamified Corporate Wellness Solution: The 21-Day Challenge

- Executed on an innovative gamification mobile application platform
- Designed to enhance engagement and motivation through fun and interactive activities.
- Transforms wellness into a dynamic journey
- Enables participants to track their progress, complete challenges, and connect with colleague
- Cultivates healthier habits and a balanced lifestyle
- Turns wellness into a game, making the path to well-being both enjoyable and rewarding

A corporate wellness Journey overview



Wellness keynote speaker

Duration: 1.5 Hr

Bring a fresh wave of inspiration and actionable change to your organization's wellness program. Our wellness speakers don't just talk about well-being – they motivate your team to take charge of their health and happiness with insightful, practical advice. Whether it is managing stress, improving mental health, achieving work-life balance, or adopting healthier habits, our speakers are here to spark lasting transformation.

Key Benefits:



Boosted Productivity:

Empower your team to sharpen focus and increase performance through sustainable wellness strategies.



Mental Health Reinforcement:

Equip employees with tools to manage anxiety, prevent burnout, and build emotional resilience.



Work-Life Harmony:

Practical solutions for balancing personal and professional lives with less stress and more satisfaction.



Holistic Well-Being:

From mindfulness to physical health, learn actionable steps for a more balanced, fulfilling life.



Ideal For:

Corporate teams, leadership retreats, employee engagement initiatives, and wellness programs that aim to create a healthier, happier, and more engaged workplace.

Trusted by some of the Best Brands to impact through learning



Testimonials:

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I was lucky to get this opportunity to attend this stress management workshop and it's such an Important experience not only for myself but for all to have a professional retreat. My take away will be the importance of self care and focus on things that are within my control instead of those that are not within my control. Very Gracious to offer so much of content in 2 sessions and more power to the team and please bring more of such sessions to us and looking forward to our future connect.

- Yassin
Accenture

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As a team we felt more connected and motivated to implement the wellness practices in our daily lives. Well structured and balanced, the workshop not only equipped us with tools to improve our health and well being but also foster synergy for a stronger team spirit.

- **Kalpna Yerrigadoo**
Redwood Finance

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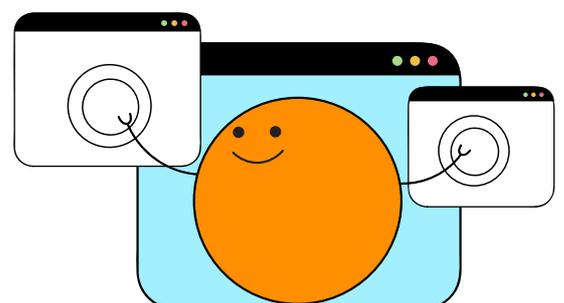
It was a workshop one of its kind, coming from Kenya to Mauritius, getting the opportunity to learn from the best, that is FocusU. Just to reiterate, the facilitators were well versed and experienced in terms of talking about wellness, stress management, connecting with people and how to self care which was a very important lesson for me today. Thank you for organizing this session.

- **Felix Kibet**
BAT

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We had the pleasure of participating in the recent corporate wellness workshop and it was a very enlightening experience for all of us. Each session was thoughtfully designed, combining practical strategies with engaging activities that promoted both physical and mental well-being.

- **Vashamba Comaren**
Redwood Finance



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The BAT Mauritius team had a amazing session today with the facilitator Deepa on mental wellness. The team really enjoyed the different aspects of what we went through today in terms of mental and physical wellness. And I must say, personally, I'm coming out of this session feeling really energized. A lot of practical tips for us and a lot of areas that we've discussed. And at the end of the day, I feel coming out of this session with a toolkit that I can use for my mental wellness and that would also definitely make me more productive in my job.

- **Satuda Moodely**
BAT

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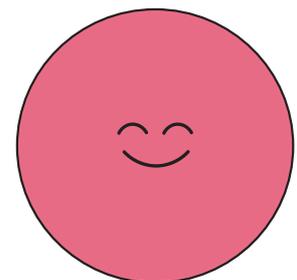
It was an amazing experience that help me tap into things buried deep down in my mind that I didn't venture before. It was well structured. Thank you for the experience. The learning experience will help me to better understand my feelings towards work when it comes to the pressure and the stress.

- **Accenture**

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Awesome and eye opening. Very practical approach to understanding oneself and others. I'll take it slow and easy. It corresponded clearly to our expectations

- **Made In Moris**



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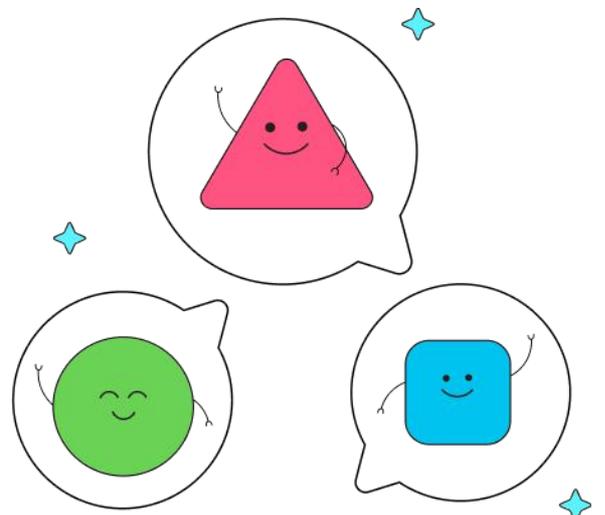
It was an enlightening experience with lots of self care , and introspection. The learning that I'll take away from this training will be focusing on things which I can control and things which I should stop thinking about which are not within my control.

- Accenture

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I would do it all again the same way. Fun, diverse and memorable. I got the belief that i will be healed and should continue working on myself for myself. Being mindful and work to my full potential to achieve my goals.

- Accenture





To know more about us, drop in at
www.focusu.com

We are a very friendly bunch, so do
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