

[vc_custom_heading text="OUR 3 STEPS TO WELLNESS"
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All our events are run in 3 sequential steps that help change behaviour

BUILD AWARENESS

Bringing the latest scientific research, this step raises awareness of the current lifestyle challenges and the benefits of small changes that can make it healthier

supervisor_account

LEARN BY DOING

Getting stuck into practical activities is the 2nd step towards behaviour change which can lower the barriers of trying something for the first time

BUILD BEHAVIOUR CHANGE

Borrowing tools from cognitive behavioural therapy, behavioural psychology and other parts of psychology we help people build good habits and break bad ones

[vc_custom_heading text="We design our wellness days around our core pillars"
font_container="tag:h4|text_align:center" use_theme_fonts="yes"]

[vc_custom_heading text="FOOD ACTIVITIES" font_container="tag:h5|text_align:left"
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[BUILD AWARENESS](#)

[restaurantLEARN BY DOING](#)

[moodBUILD BEHAVIOUR CHANGE](#)

BUILD AWARENESS

- interactive lectures about nutrition;
- learn about food through touching, smelling, tasting;
- food for energy;
- food for stress;
- food for better sleep;

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LEARN BY DOING

- cooking and preparing food;
- cook offs;
- food demos;
- basic of healthy cooking;

mood

BUILD BEHAVIOUR CHANGE

- how adopt healthy eating everyday without being on a diet;
- Worst/better/best options in eating healthy;
- Create healthy eating habits;
- Break bad eating habits;





[vc_custom_heading text="BODY ACTIVITIES" font_container="tag:h5|text_align:left" use_theme_fonts="yes"]

[BUILD AWARENESS](#)

[restaurantLEARN BY DOING](#)

[moodBUILD BEHAVIOUR CHANGE](#)

BUILD AWARENESS

- interactive lectures about body movement;
- latest scientific research about best body movements;
- posture alignment;
- how to protect against body injury.

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LEARN BY DOING

- Yoga
- Tai Chi
- Qigong
- Foundation training
- Calisthenics

mood

BUILD BEHAVIOUR CHANGE

- create the habits of exercising regularly;
- how to make exercise fun and not a chore;
- exercise for time poor people;

[vc_custom_heading text="MIND ACTIVITIES" font_container="tag:h5|text_align:left" use_theme_fonts="yes"]

[BUILD AWARENESS](#)

[LEARN BY DOING](#)

[BUILD BEHAVIOUR CHANGE](#)

BUILD AWARENESS

- interactive lectures on mind and stress;
- how nutrition affects stress;
- how mindset affects stress;
- boosting energy;
- rapid relaxation techniques to practice at work;

LEARN BY DOING

- breathing techniques;
- using movement and breath to relax;
- cognitive behavioural therapy;
- meditation;

BUILD BEHAVIOUR CHANGE

- how to create the habit of relaxing and meditating;
- build stress resilience through mindset;
- how to create an environment conducive or relaxation;
- managing time and building a healthy life balance without compromising your career;

