

WINGS Half-Day Employee Wellness Program

WINGS Half-Day Employee Wellness Program, designed to enhance employee well-being through a structured approach based on three essential pillars: upgrading people skills, mindset mastery, and shifting lifestyle. The program aims to foster a healthier, more productive workplace by equipping employees with the tools they need to thrive both personally and professionally.

Program Overview

The WINGS program is a half-day initiative that focuses on three core pillars:

1. Upgrading People Skills

In today's collaborative work environment, effective communication and interpersonal skills are crucial. This segment of the program will focus on:

- **Active Listening:** Techniques to improve understanding and empathy in conversations.
- **Conflict Resolution:** Strategies to handle disagreements constructively.
- **Team Collaboration:** Building trust and fostering teamwork through shared goals.

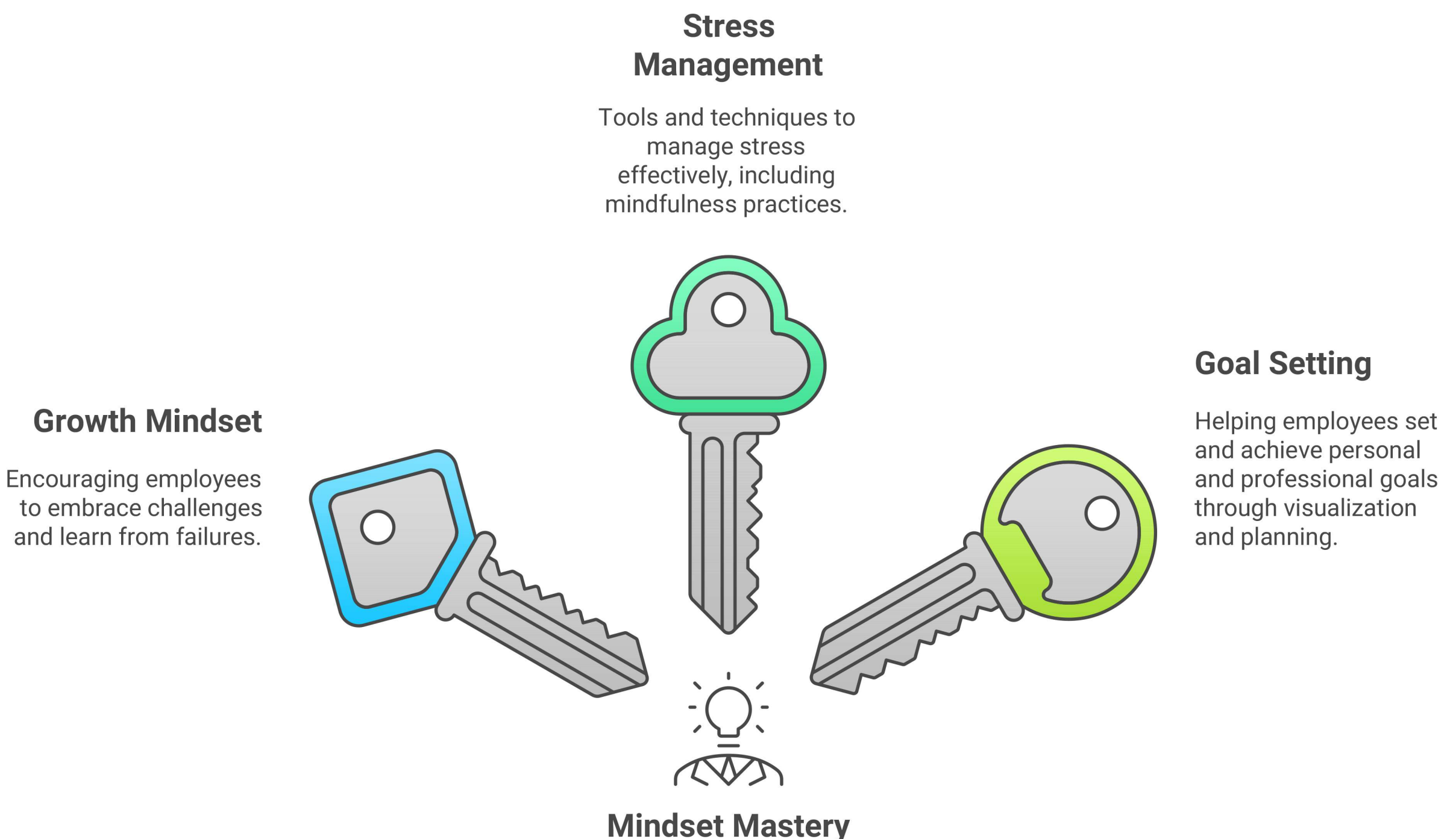


2. Mindset Mastery

A positive mindset is essential for resilience and adaptability. This part of the program will cover:

- **Growth Mindset:** Encouraging employees to embrace challenges and learn from failures.
- **Stress Management:** Tools and techniques to manage stress effectively, including mindfulness practices.
- **Goal Setting:** Helping employees set and achieve personal and professional goals through visualization and planning.

Cultivating Resilience Through Mindset and Goal Achievement

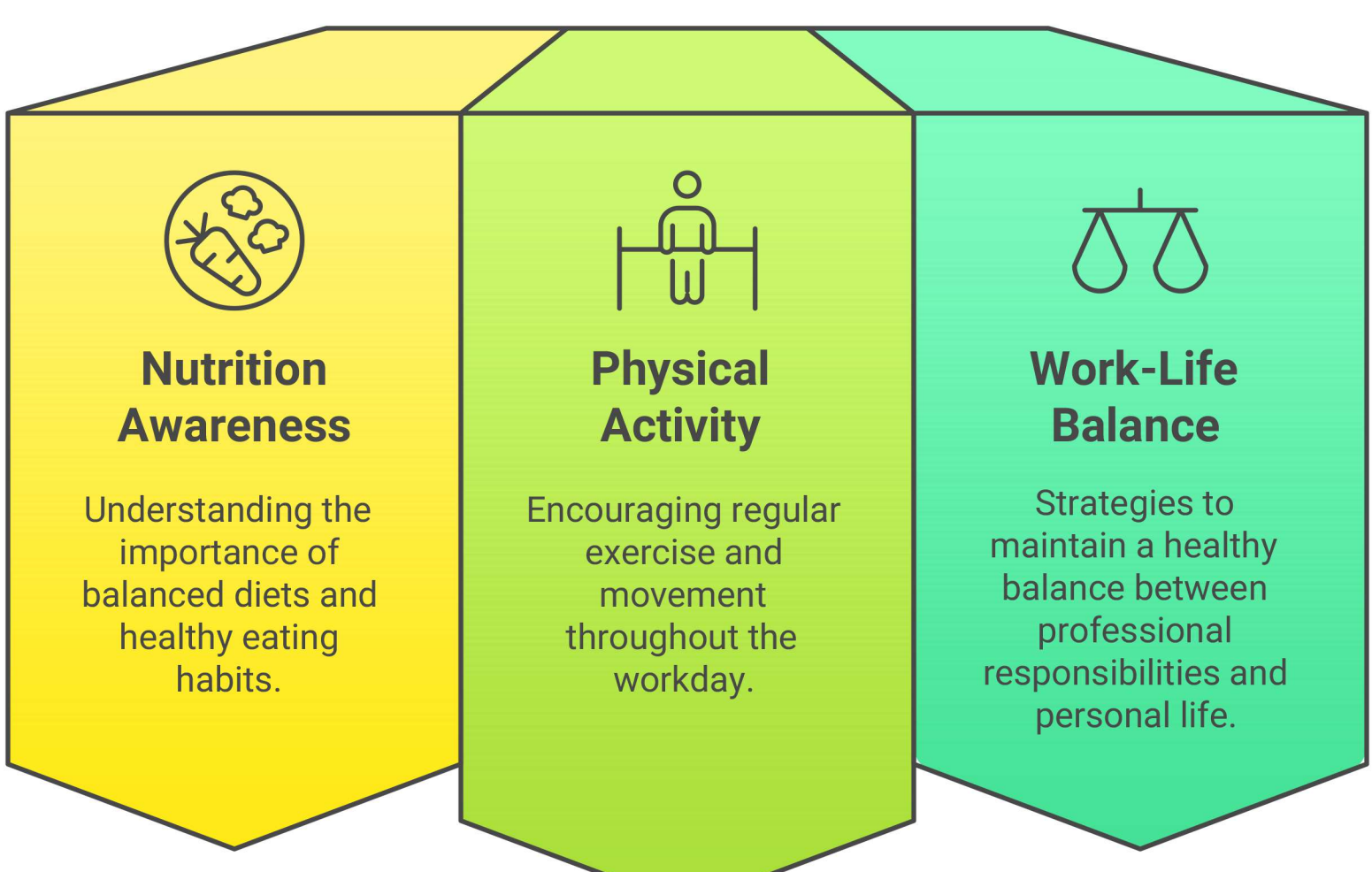


3. Shifting Lifestyle

Healthy lifestyle choices significantly impact overall well-being. This section will address:

- **Nutrition Awareness:** Understanding the importance of balanced diets and healthy eating habits.
- **Physical Activity:** Encouraging regular exercise and movement throughout the workday.
- **Work-Life Balance:** Strategies to maintain a healthy balance between professional responsibilities and personal life.

Health and Wellness Components

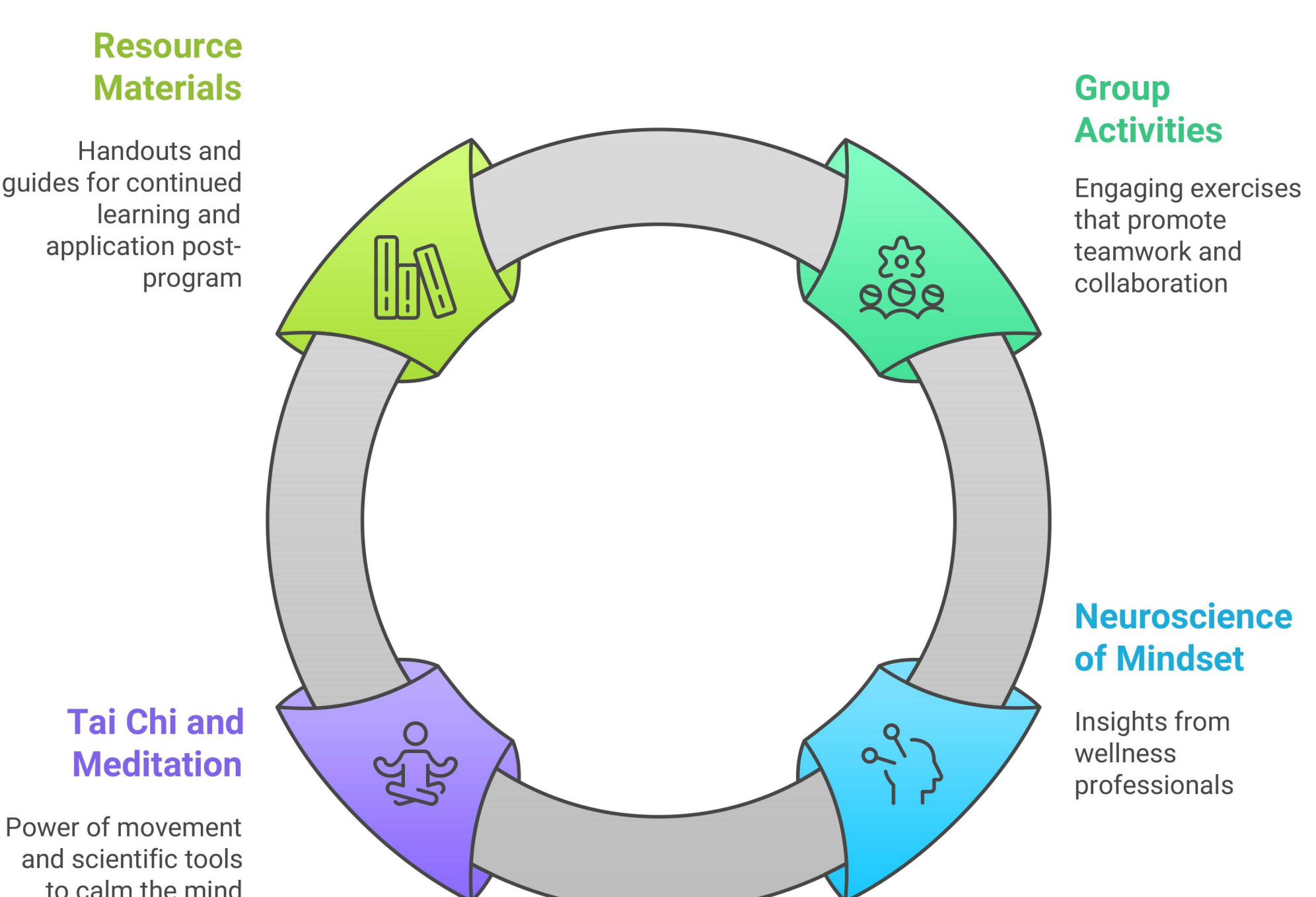


Program Structure

The WINGS program will be conducted in an interactive workshop format, featuring:

- **Group Activities:** Engaging exercises that promote teamwork and collaboration.
- **Neuroscience of mindset :** Insights from wellness professionals
- Tai chi and meditation: power of movement and scientific tools to calm mind
- **Resource Materials:** Handouts and guides for continued learning and application post-program.

Components of the WINGS Wellness Program



Conclusion

The WINGS Half-Day Employee Wellness Program is a comprehensive approach to enhancing employee well-being through skill development, mindset enhancement, and lifestyle changes. By investing in these three pillars, organizations can create a more engaged, productive, and healthy workforce.

Pricing: £1,199 for the team of 10 or below
£2,200 for the team of 20
we offer discounted price for the bigger teams