



Corporate Wellness Bootcamp

Program Overview:

A healthy, balanced workforce is essential to achieving organizational success. The Corporate Wellness Bootcamp is an intensive, results-driven program designed to equip employees with tools and strategies for enhancing physical, mental, and emotional well-being. By focusing on holistic wellness, this bootcamp empowers employees to perform at their best, helping organizations improve productivity, engagement, and overall workplace satisfaction.

This bootcamp is more than a training; it's a pathway to a healthier, more engaged, and resilient workforce, driving success for your organization from within.

Program Objectives:

By the end of the bootcamp, participants will:

- Understand the fundamentals of holistic wellness, including physical, mental, and emotional health.
- Develop personalized wellness routines that fit into their daily work and life.
- Learn strategies for stress management, resilience, and mental clarity.
- Gain insights into nutrition, fitness, and sleep that support sustained energy and productivity.
- Enhance workplace relationships and teamwork through improved communication and empathy.

Who Should Attend

This bootcamp is ideal for:

- Employees at all levels who want to enhance their health and well-being.
- Managers seeking to improve team morale, productivity, and resilience.
- HR and wellness officers interested in promoting a healthier, more engaged workforce.
- Organizations aiming to reduce absenteeism, burnout, and healthcare costs.

Program Content

Module 1: Foundations of Corporate Wellness

- The impact of wellness on productivity and morale
- Core pillars of wellness: physical, mental, and emotional health
- Setting achievable wellness goals that align with personal and professional life

Module 2: Physical Health and Fitness

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- Incorporating movement into a busy workday
- Desk exercises, stretching, and posture for office workers
- Tips for creating a sustainable fitness routine outside of work

Module 3: Nutrition and Energy Management

- Building balanced meals for sustained energy
- Hydration and healthy snacking habits
- Meal planning tips and quick, nutritious recipes

Module 4: Mental Health and Resilience

- Techniques for managing stress and building resilience
- Introduction to mindfulness and meditation practices
- Strategies for mental clarity and focus during the workday

Module 5: Work-Life Balance and Emotional Wellness

- Time management strategies for a healthier work-life balance
- Setting boundaries and avoiding burnout
- Developing empathy, active listening, and communication skills for improved workplace relationships

Module 6: Sleep Hygiene and Restorative Practices

- The importance of quality sleep for health and performance
- Tips for better sleep and restorative rest
- Incorporating relaxation practices into daily routines

Module 7: Building a Wellness Culture in the Workplace

- Encouraging healthy habits within teams
- Supporting each other in wellness journeys
- Planning wellness initiatives and challenges for long-term engagement

Delivery Format:

The Corporate Wellness Bootcamp is offered in multiple formats to accommodate diverse schedules and preferences:

In-Person Workshop: A series of interactive sessions conducted on-site, encouraging team-building and real-time engagement.

Virtual Live Sessions: Instructor-led online sessions for remote teams, allowing employees to participate from anywhere.

Self-Paced E-learning.

Program Duration:

The bootcamp spans 2 days with sessions designed to integrate seamlessly into the work schedule and 2 weeks Learning Management System Access. Sessions include a mix of interactive workshops, guided activities, and hands-on practice.

Course Materials

Participants will receive:

- A comprehensive wellness workbook and resources for each module.
- Access to exercise videos, mindfulness recordings, and meal plans.
- Tools for tracking wellness goals and monitoring progress.
- Recommended reading and access to supplementary resources.

Certification

Participants who complete the bootcamp will receive a Certificate of Completion in Corporate Wellness, recognizing their commitment to improving personal and professional well-being.

Enrollment and Fees

Program Fee: NGN 475,000 per participant (In-Person and Virtual Live Sessions) | Group discounts available

NGN385,925 per participant for self-paced E-learning

For group registrations, corporate training options, or more information, please contact our admissions team at info@hrondeckservices.com or call +2349044642114

