

WELLBEING PROGRAM

SAMPLE 6 MONTH PROGRAM

Book sessions globally. Schedule delivery times/dates to meet regional team requirements. Sessions are delivered live or pre-recorded. This sample program shares one way to plan your employee wellness offerings.

WORKBLISS provides 150+ wellness sessions - enabling you to easily create holistic global wellness programs. Offerings include Management Wellbeing, Personal Resilience & Self Care, Deskercise, Zoom Disco Yoga, Financial Wellness Workshops to Tai Chi, Nutrition sessions, Singing Workshops, and more.

[See the full collection of WORKBLISS Sessions](#), or [download the 2022 Wellness Calendar](#) with lots more employee wellness planning ideas.

Sessions are available globally and can be booked multiple times in various languages across different timezones.

MAY MENTAL HEALTH

Explore more
[Mental Health](#) sessions.

WORKBLISS wellness sessions combine intellectual and practical learning, to support you in building a robust personal wellbeing toolkit.



5TH MAY

AN INTRODUCTION TO AUTHENTIC RELATING: HOW TO MEND, SUSTAIN AND NOURISH OUR SOCIAL RELATIONSHIPS IN TIMES OF STRESS

This webinar presents cutting-edge science on the relationship between the brain and the heart, and how the quality of this connection affects social, physical emotional wellbeing, and relationships.

Participants will get acquainted with basic communication tools and skills to engage in clear, honest, direct, respectful, and conscious relationships with each other; and to cultivate a psychologically safe and empathetic space for self, clients, co-workers, family, and friends.

[Read more](#)



19TH MAY

PERSONAL RESILIENCE & SELF CARE

Resilience is the capacity to prepare for, recover from and adapt in the face of stress and adversity. When addressing resilience, it is crucial to look at one of the most under-used resources we can rely on: the intelligence of the body.

By becoming aware of how energy management works, and taking good care of your mind and body, you can start filling up your energy reserves today.

[Read more](#)

JUNE PHYSICAL HEALTH

Explore more

[Physical Health Initiatives](#)

This includes [Workouts](#) & [Nutrition sessions](#).

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10TH JUNE SMOOTHIE MAKING WORKSHOPS

Smoothies are packed with lots of nutrients and can be a great way to start embracing a healthy lifestyle. This session shares 3 delicious recipes for Energy Boost; Cleansing & Detox; and Mood Booster.

If you have a smoothie blender at home, feel free to follow along. An ingredients list will be sent to you before the session. If not, watch, learn, and take some notes so that you can try these in your own time.

[Read more](#)



17TH JUNE TAI CHI

Join us for 45 minutes of Tai Chi. This gentle exercise is accessible to most fitness levels and holds multiple benefits for mental, cardiovascular, and musculoskeletal health. It also provides a great energy boost and helps relieve stress.

[Read more](#)

JULY SOCIAL & EMOTIONAL HEALTH



9TH JULY LAUGHTER YOGA

You are invited to this Laughter Workshop to feel the wellness benefits of a good giggle. From relieving stress to boosting immunity and reducing depression, laughter is said to hold multiple psychological and physiological benefits.

[Read more](#)



16TH JULY ART SESSION

You are invited to this freestyle art session. Explore your creativity, and feel the mental and physical benefits of art creation - which include stress relief, emotional balance, and cognitive function boost

[Read more](#)

Explore more

[Social & Emotional
Health Initiatives](#)

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AUGUST FINANCIAL HEALTH



10TH AUGUST

IMPROVING MONEY MANAGEMENT - FINANCIAL WELLNESS WEBINAR

Being short of funds may not stem from a lack of cash flow, but poor money management skills. This session shares some solid yet simple ways to boost personal finance management.

[Read more](#)

Explore more
[Financial Wellness
Initiatives](#)

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24TH AUGUST

CREDIT: BENEFIT OR LIABILITY FINANCIAL WELLNESS WORKSHOP

This workshop explores attitudes towards debt and assesses how purchase behaviors impact financial health. Participants will also gain an understanding of how credit viability is broadly assessed.

[Read more](#)

SEPTEMBER HEART HEALTH



15TH SEPTEMBER

HEART HEALTH & HECTIC SCHEDULES

This session shares self-preservation techniques and lifestyle management practices to help keep hearts healthy in the midst of extremely busy schedules.

[Read more](#)



29TH SEPTEMBER

EATING HEALTHY ON A BUDGET

Many would insist that healthy eating is expensive. This presentation offers solutions to debunk this myth, with clever tips on making healthy consumption choices with minimal spend.

[Read more](#)

OCTOBER MUSCULOSKELETAL HEALTH

Explore more
[Musculoskeletal Health
Initiatives.](#)

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12TH OCTOBER BACK & SHOULDER EXERCISES

The purpose of this session is to introduce movement routines that can be embedded into one's workday - helping to mitigate common work-related back and shoulder issues.

[Read more](#)



19TH OCTOBER ERGONOMIC HACKS FOR WORKING FROM HOME

This workshop shares helpful habits and actionable tips to support employees working from home.

[Read more](#)