



# CORPORATE WELLNESS

Unlock Your Employees' Potential

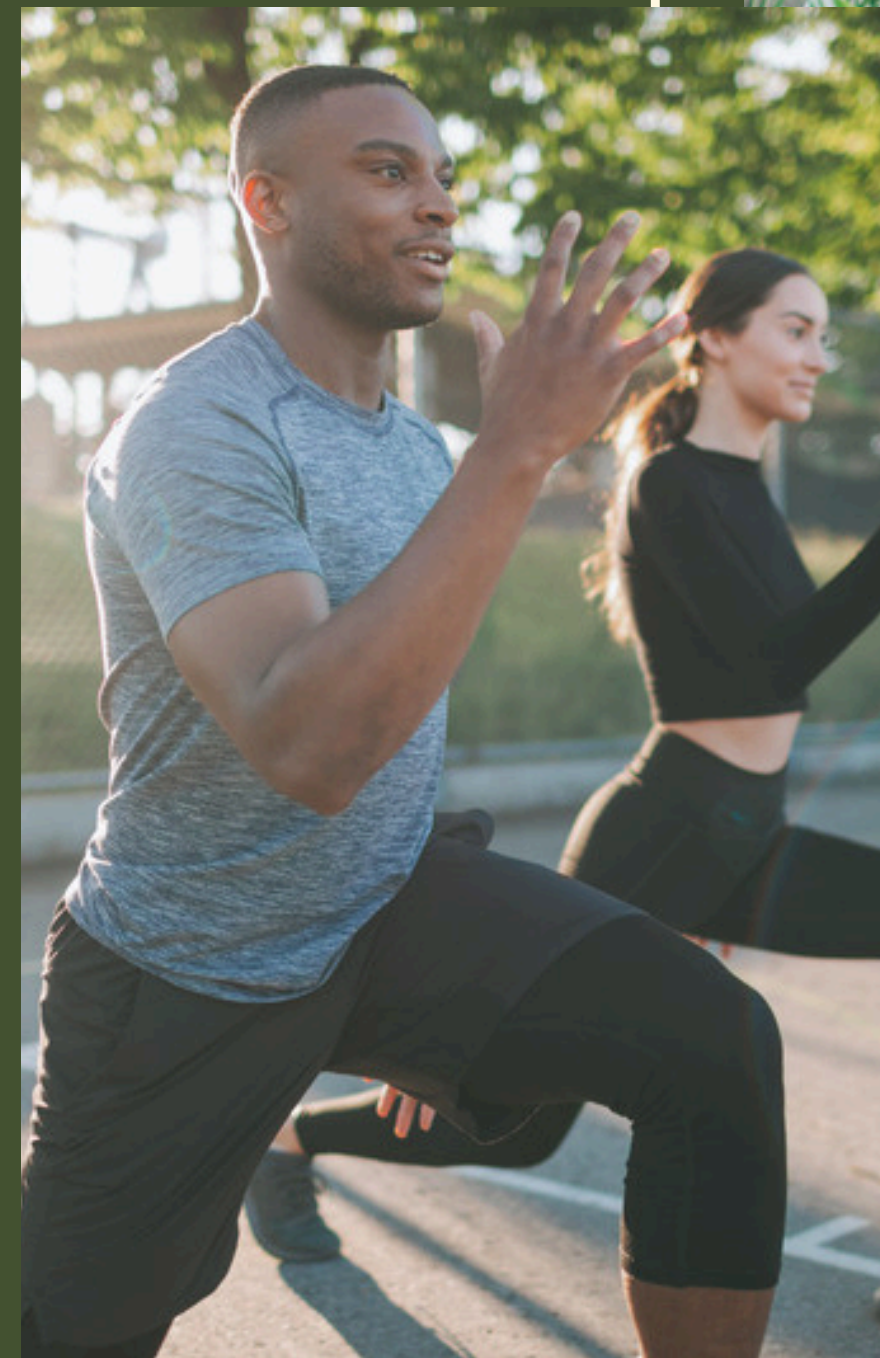
01





# WHAT IS A CORPORATE WELLNESS PROGRAM?

It's a plan designed to enhance your employees' fitness and productivity, and to enrich your organizational culture. We have the right corporate wellness solutions for you.







**We design, operate, and manage corporate wellness solutions that can be tailored to meet all your health and wellness needs. We offer group fitness classes, meditation classes, and professional coaching . Our training is available online, at our studio facility & in your institution.**



**We offer a variety of programs that can be held:**

- At the workplace, in a nearby park or field, or at our studio
- Before work, during lunch breaks, after work, or at any time that fits your employees' schedules
- Programs and classes can be conducted as one-time intensive sessions lasting 30-60 minutes or as ongoing programs over several weeks, such as a 10-week program.



# PROFESSIONAL COACHING & COUNSELING

**70%**

People experiencing better work performance after coaching\*

**3.6x**

More likely to be engaged at work and achieve their goal better\*

- Enhances skills and improves performance through personalized and thought-provoking discussion.
- Group coaching helps build a sense of community among participants, fostering connections, collaboration, and a support network that extends beyond the coaching sessions.
- Our Professional coaching & counseling can be conducted online at your own convenience

\* Sources: [instituteofcoaching.org/coaching-overview/coaching-benefits](https://instituteofcoaching.org/coaching-overview/coaching-benefits), [chieflearningofficer.com/2018/09/04/develop-your-mvps-coaching-for-goal-achievemen](https://chieflearningofficer.com/2018/09/04/develop-your-mvps-coaching-for-goal-achievemen)





# BENEFITS OF CORPORATE WELLNESS PROGRAM

**Reduce sick leave by up to 20%**

**Increase productivity by up to 15%**

**Increase staff retention by up to 13%**





# BENEFITS TO EMPLOYEES



Access to fun and innovative fitness programs and modern facilities.

Customized workouts and techniques tailored to their needs.

Access to professional experts to help them reach their goal

Stress reduction & bonding with colleagues to improve interpersonal relation

# BENEFITS TO EMPLOYER

Addressing stress and mental health issues, lead to a more **balanced & resilient workforce**

Reducing stress can lead to **high productivity** at work

Prevent burnout with **better mental health awareness**

Employees who feel supported in their mental health are more likely to be satisfied & **engaged in their work**





# AVAILABLE CLASSES



## FUNCTIONAL CONDITIONING

Pilates and Yoga classes that are designed to help with postural problems, strengthening and muscle building



## CARDIOVASCULAR HEALTH TRAINING

Dance & Combat inspired classes to increase cardiovascular strength and stamina



## MEDITATION & MINDFULNESS

Breathing and relaxation techniques that can help to reduce stress. Employees will become more relaxed, calm and present.



## PROFESSIONAL COACHING & MENTAL HEALTH

Individual and group coaching to help employees increase skill development, team development and goal setting.

**CONTACT US  
TO BUILD A  
HAPPIER  
WORKFORCE**

seeds.pilatesjakarta



0813-1705-5551



seedsjkt@gmail.com



Rumah Cokro,  
Jl. Hos Cokroaminoto No 42A,  
Menteng, Jakarta Pusat

