

## Why Choose BEWELLVITAL as Your Partner?

Research confirms that when employees thrive, so do businesses, enhancing creativity, talent retention, with a strong sense of life balance boosts productivity.

At BEWELLVITAL, we bring a fresh, dynamic approach to corporate wellbeing. Our programmes are designed to make a tangible impact on people and team performance, enhancing work-life balance and wellbeing.

Let's create a healthier, balanced, more productive workplace together!

Contact us for a free consultation at

+64 272866090 or  
[info@bewellvital.com](mailto:info@bewellvital.com)



Where coaching thrives wellbeing



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### CONTACT US

[www.bewellvital.com](http://www.bewellvital.com)  
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## BEWELLVITAL

WELLBEING & HEALTH COACHING  
STRATEGIES & TRAININGS  
FOR  
CORPORATES

## OUR MISSION

We inspire and vitalise the passion in employees and organisations to create a lifestyle and culture of wellbeing and health where people and businesses can thrive.



DESTRESS

RELAX

SLEEP WELL

BE WELL VITAL

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## OUR SERVICES

Tailored Wellbeing & Health Coaching Programme focuses on enhancing overall health by managing stress, optimising sleep, and promoting relaxation for individuals and organisations.



### Services Offered:

- Stress Management: Techniques to reduce stress.
- Sleep Optimisation: Strategies for better sleep quality.
- Relaxation Training: Includes Autogenic Training and Progressive Muscle Relaxation.
- Happiness Enhancement: Programmes to boost emotional wellbeing.

### Delivery Methods:

- In-house, online, or by appointment.
- Course Options: Regular courses (4-12 weeks), workshops (1-2 hours or half to two days), and customised online programmes

### Specialised Sessions:

- Quick Relaxation Sessions: 15–30 minute sessions held during lunch that include body scans or guided meditations.
- Coaching Tool Sessions: 30-minute sessions dedicated to achieving specific goals.
- Walking Coaching Sessions: 30-minute outdoor coaching sessions designed to provide fresh perspectives.
- Laser Coaching Sessions: 15 to 30-minute sessions aimed at addressing immediate challenges.



Focusing on wellbeing enhances health, productivity, and overall life satisfaction. Reach out to us for more information on improving sleep, managing stress, and finding balance