

WELLZONE



A program designed to increase the well-being of your employees.



Program proposal from

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Our vision & mission

The vision of the WELLZONE Program is to enable a culture that supports anyone's hunger to make healthy lifestyle choices.

Our mission is to boost employees' physical and mental well-being to affect their morale and job satisfaction and optimise their performance and productivity.

In the WELLZONE Program, we give tools and support to your employees so they can find the "switch off" button when it is time to rest. So they can thrive in their work environment with better focus, and come in every day full of energy and drive to deliver.

Treating your employees to our WELLZONE Program shows you care about them and want to contribute to their health and well-being.





Our program

We care about the well-being of your team! And that is why we have created our Program called: WELLZONE.

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WELLZONE consists of 3 modules, each designed as a 1.5-hour interactive workshop.

The Program is best to be delivered in person.

The goal of this Program is to gradually move participants from an alert, stressful state into their WELLZONE.

MODULE 1

Recognise mind and behavioural stress patterns. Release emotional distress by tapping (EFT) and changing unflattering statement.

MODULE 2

Set up healthy boundaries, create stress resilience and balance the nervous system with various breathing techniques.

MODULE 3

Create non-negotiable habits to strengthen your mindset and learn reflexology techniques to enhance overall well-being.





About Us

We are two female entrepreneurs and have seen what not taking care of yourself could lead to. We believe a holistic approach is crucial for well-being and are eager to share our expertise in coaching and reflexology.

Adrienn is a licensed therapist with a reflexology practice in Amsterdam. She truly believes that "prevention is better than cure" and that in this turbulent, ever-changing world we live in, the time invested in ourselves is one of the best things we can do. Besides reflexology, she is also interested in breathwork and other forms of stress management.

Anna is a Life & Leadership Coach and former leader. She pairs up with purpose-driven leaders who understand that the best way to personal and organizational transformation and success starts with developing their inner awareness, presence, and consciousness.

"As a burnout survivor, I advocate for the preventive measures on the individual, systematic and organizational levels and guide from burnout to brilliance."

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WELLZONE

"The event was very well organised, with a relaxed and cosy atmosphere. The program our hosts prepared was exciting. They explained to us in advance what to expect, and they did a fantastic job!

I learned a lot about myself and how I can prevent some "red". Difficult moments, and how I can stay more frequently in a zone where it feels nice to be. I liked the self-reflection moments the most. Plus, I learned some breathing and reflexology technics that I started applying almost daily, and I already see the benefits.

I recommend this workshop to others. This is the best investment in yourself. You create time for yourself to reflect, learn, relax, and think about small changes that can improve wellbeing!"

M.M., Diemen

"This workshop has helped me to identify my emotions and behaviors in stressful situations and has given me some excellent tools to help me release my anxiety and relax.

I use the tapping technique to calm down when I am overwhelmed. Afterward, I feel the tension disappearing from my body and mind. I have become more aware of my boundaries and started saying no, something I haven't really done for a long time. After a busy day at the office or with the kids I take a warm bath and apply self-massage on my feet, legs or hands - I immediately feel lighter, relaxed, and sleep a lot better.

I highly recommend this workshop to everyone who would like to learn to take care of their well-being and get in balance."

H.K., Amsterdam

TESTIMONIALS

Thank you, we look forward to working with you.