

# WELLNESS WORKSHOP PACKAGES

PRICING

## OPTION A

DURATION 2.5 HOURS

### PRICE

R 399.00 PER PERSON  
R 11970.00 FOR 30 PEOPLE

### DEPOSIT

R 4189.00

## OPTION B

DURATION 3.5 HOURS

### PRICE

R 499.00 PER PERSON  
R 14970.00 FOR 30 PEOPLE

### DEPOSIT

R 5239.00

PRICING

WHAT'S INCLUDED

55min

### Part 1: Core Presentation

- Nutrition stabilisation, fail safes & triage
- Stress mitigation
- Sleep optimisation simplified, circadian rhythm
- Movement for posture & ergonomics
- Burnout & your physiological feedback loops
- Migraine support
- Cognitive performance boosters

70min

70min

### Part 2: Hands-On Workstations

- Balanced meal architecture
- Stress trigger mapping
- Movement blueprint creation
- Sleep routine building
- Stress & ANS regulation drills
- Posture, mobility & ergonomic fixes
- Micro-coaching

100min

25min

### Part 3: Team Behaviour Blueprint


- Group wellness objectives
- Risk mitigation plan & commitment cards
- Implementation roadmap for HR
- Q&A forum

40min

WHAT'S INCLUDED

These rates reflect our BNI member-to-member value structure and are not available outside BNI





# WELLNESS WORKSHOP ADD-ONS

## MONTHLY EMPLOYEE COACHING

1-on-1 remote coaching for individuals who want continued guidance after the workshop covering nutrition, fitness, sleep, stress, habit systems. **(COMPANY SPONSORED OR VOLUNTARY)**

**R 450.00**  
PER EMPLOYEE/  
MONTH

## MOVEMENT ASSESMENT STATION

On-site posture, mobility and gait assessment for all staff. Ideal for identifying musculoskeletal risks early, with recommendations by a clinical specialist. **(ASSISTED BY A QUALIFIED BIOKINETICIST)**

**R 4500.00**  
FLAT RATE

## CORPORATE HEALTH REPORT (QUARTERLY)

Analysis of team wellness patterns, absenteeism risks, and actionable interventions for HR. **(BASED OFF CASE BY CASE COMPEXITY)**

**R 5500.00 -  
R 8500.00**

## INDIVIDUAL GENETIC ANALYSIS REPORT

A full genetic analysis from which we generate a lifestyle optimisation system that covers 90 days of corrective guidance.

**Available  
soon**

## SUPPLEMENT SUBSCRIPTION

Tied into the genetic testing currently in development, supplement subscription customised off individual genetic variability. To support general wellness.

**Available  
soon**

## ONLINE CLASSES

A masterclass in fitness, wellness, nutrition, lifestyle, etc. Is currently in development and will be available in a streamable format with accompanying self education, evaluation, and certificate of completion.

**Available  
soon**

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