

BEINGWELL

# WORKPLACE WELLBEING

[WWW.BEINGWELL.CO](http://WWW.BEINGWELL.CO)







# WHAT WILL WE COVER?

02 / 10

|                  |    |
|------------------|----|
| Our story        | 03 |
| Our philosophy   | 04 |
| Meet our team    | 05 |
| What we offer    | 06 |
| Why Beingwell?   | 07 |
| Previous clients | 08 |
| Just for you     | 09 |
| Questions        | 10 |





Beingwell

Beingwell provides a balanced and holistic approach to healthcare by bringing together a team of highly qualified and enthusiastic practitioners that practice conventional and evidence-based medicine together with natural and complementary medicine with a focus on wellness. When we visit your workplace we will provide you with various practitioners to suit your workshop needs so that your employees receive the benefits of our expansive healthcare.



## OUR STORY

Beingwell's mission is to inspire individuals and families of all ages to make a commitment to healthy and happier living by turning hopes and intentions into the highest enjoyment of life.

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Beingwell



# OUR PHILOSOPHY

YOUR ECOSYSTEM FOR HEALTH,  
HAPPINESS AND WELL-BEING.



Beingwell's emphasis is on prevention,  
education and the use of integrated  
medicine to support the body's ability to  
restore health.

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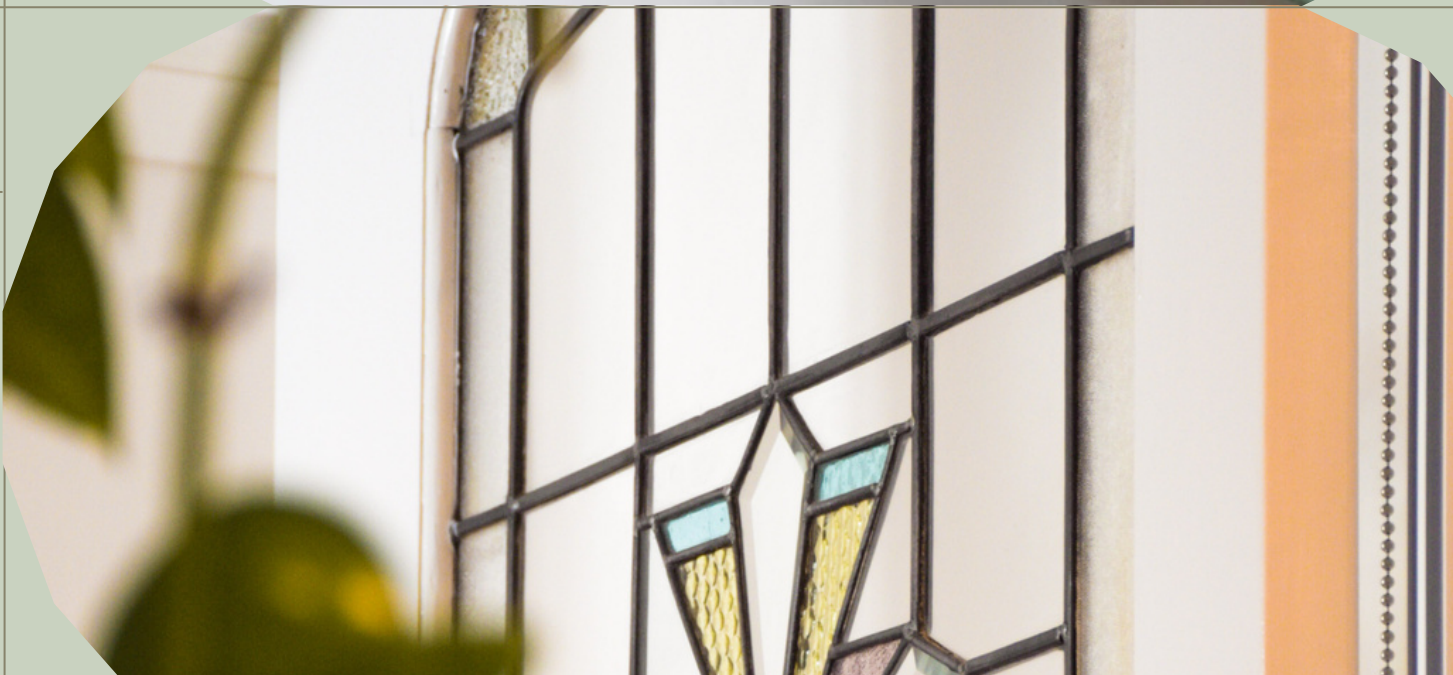






# WHAT WE OFFER

- 01 Personalised Presentations
- 02 Cooking Demonstrations
- 03 Education
- 04 Interactive Workshops
- 05 Health Checks







Beingwell



At Beingwell we want to help you achieve optimum health from the inside and outside, so we have created some great workshops so you can manage your own health and wellness.

WOMEN'S HEALTH  
WORK/LIFE BALANCE  
STRESS MANAGEMENT  
FOOD AND MOOD  
SLEEP HYGIENE  
HEALTHY HORMONES  
SELF CARE  
REST & RECOVERY  
ENERGY LEVELS AND MOTIVATION

WHY  
BEINGWELL?

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Beingwell



*City of*  
**KINGSTON**



An employee's health is crucial to their daily performance – both personal and professional. If employees are not in good health, they're not performing as well as they could be. A large part of remaining healthy is identifying health risks early and making simple, but important, lifestyle changes. Beingwell offers preventative and management tools to improve the health and therefore the performance, of your employees at the workplace.

PREVIOUS  
CLIENTS





# YOUR ECOSYSTEM FOR HEALTH, HAPPINESS & WELL-BEING.

# JUST FOR YOU



We understand that each organisation is unique and therefore we can tailor a workshop to meet your needs.

Just let us know what you're looking for and we can personalise each workshop.





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Contact Us

# ANY QUESTIONS?

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