



# Group Juggling Workshop

Length: 30min; 1hr.

Delivery modes: Onsite & Virtual Sessions, Wellness Perks at Team Away Days, Conferences - Breakouts.

Details: A one hour stress relief session that boosts social wellbeing, whilst flexing physical and cognitive muscles. This session can be delivered onsite as a wellness perk, creative mental health strategy, team spirit session, or as a fun fitness session.

Group Juggling is a perfect workplace team building session, with benefits that operate on multiple levels.

- Physical Health - An unconventional fitness session that exercises the upper limbs - helping to boost circulation, increase energy, and improve cardiovascular/musculoskeletal health.
- Mental Health - Great for stress relief. It's a lot of fun, thus improving emotional wellbeing. It takes place in groups, and promotes healthier relationships - thus strengthening belonging, reducing isolation and nurturing social wellbeing.
- Cognitive Performance - Trains the brain by developing focus and concentration.

Connect with WORKBLIS to discuss requirements - [hi@workblis.com](mailto:hi@workblis.com)