



Pop-Up Wellness Party

Length: 1-2hrs

Delivery modes: Onsite & Virtual Sessions. Team Away Days.

Details: Pop-Up Wellness Parties provide engaging and unique experiences for the workplace. This is a bold initiative for companies who dare to do things differently. Your bespoke package blends music, stress relief, fitness and social wellbeing initiatives.

This session can take place at work, or as virtual Zoom parties - an initiative to keep remote teams engaged.

How it works: A Pop-Up Wellness/Productivity Party blends multiple streams of wellbeing to create memorable experiences for your team. These alcohol-free mini parties promote healthy ways to have fun. They nurture genuine connections within the workplace, and help boost emotional wellbeing. Your package combines a range of activities to create unique experiences that are great for Cognitive Performance, Productivity, Talent Attraction/Retention, Workplace Culture & Employee Wellbeing.

Example: Each mini-party takes place as a virtual gathering, or at your work-site, and has a recommended 1-2 hour time frame. Create an experience that matches your culture - from mild to intense. E.g.,

- Start the day like a warrior with a Power Haka Session ('Haka' - a New Zealand warrior dance that celebrates a tribe's pride, strength and unity), followed by a round of Breakfast Smoothies.
- A 'Rise & Shine' mini morning party package (07:00-08:30) can combine either a Harp Meditation Experience or a Silent Disco Yoga fitness session, with a Smoothie Bar serving Plant Based Breakfasts.



- At Lunch (12:15-13:15), host a live gig in your breakout area - choose the music style - From Jazz, String Quartets & Classical Music to Hip Hop & Rap; Blues & Country to Pop Rock & Dance.
- Slay the afternoon 3pm slump with an Energy Booster mini party (15:00-16:00), complete with plant based energy and protein bars, smoothie bikes and a Live DJ playing some uplifting tunes.
- Finish the day off like a winner with post-work stress relief sessions (17:30-19:00). From Calligraphy & Kombucha Evenings, to an experience that blends Gong Ceremony with Personal Development followed by alcohol-free cocktails.

These sessions can be taken as:

- Rise & Shine Experiences - 07:00-09:00L
- unchtime Life & Discovery Sessions - 12:00-14:00
- Mid Afternoon Energy Boosters - 15:00-18:00
- Post Work Social - 17:00-19:00

Why? Pop-Up Parties create happy workplaces - generating multiple benefits.

An unconventional wellness initiative that can help boost innovation, dynamism and creativity.

Happy employees are less stressed. They have a positive attitude, are self confident and take great joy in their work. Science agrees, with studies that show happy employees to be more productive and engaged. Happy Employees and Satisfied clients/customers are inextricably linked.

Connect with WORKBLIS to discuss requirements - hi@workblis.com