

A woman with glasses and a pink shirt is sitting at a desk in a home office, looking at a computer monitor. The desk has a laptop, a red mug, and some papers. In the background, there is a kitchen counter with various items and a window with a view of the outdoors. The text "WORKING FROM HOME" is overlaid in large white letters on a dark grey background.

WORKING FROM HOME

WELLNESS WEBINARS

A collection of webinars to boost wellbeing and improve efficiency whilst working from home.

Tips on Juggling The New Normal
(Home Life, WFH,
Parenting & Home Schooling)

Conscious Parenting

Mindfulness for busy parents

Sustainable Leadership



With the following topics, choose to focus on one, or have a blend of 2-3 subjects within a 60-90 minute session.

Nurturing Creativity - WFH

Stress Coping Strategies

Managing People In Times Of Change

Easy daily mobility exercises

Time Management - WFH



With the following topics, choose to focus on one, or have a blend of 2-3 subjects within a 60-90 minute session.

Building Resilience

Digital Wellbeing & Mental Health

Scheduling Relaxation
On a Busy Timetable

Coping with anxiety

Managing Stress & Anxiety
in times of Covid



With the following topics, choose to focus on one, or have a blend of 2-3 subjects within a 60-90 minute session.

Mindfulness and Meditation sessions

Combating the afternoon slump

Simplifying Our Lives
(Getting more done with less)

WFH - Managing Expectations

Organizing Your Work Day

Book sessions to company schedule.
Available globally, in multiple languages.

Mental Health & Self Care Tips
In Uncertain times

Dealing with Anxiety & Loneliness

Managing Work Related Stress

Limiting Relationship Breakdowns
with Managers

Managerial Impact
On Employee Wellbeing

Book sessions to company schedule.
Available globally, in multiple languages.

Self Care Session - Virtual Spa Hour

Nutrition & Healthy Eating

Overcoming Food Addiction /
Conscious Eating

Vitamins 101

Live Smoothie Making Session
featuring Immune Booster Smoothie,
Energy Smoothie & Happy Mood Smoothie



These sessions can be tailored, to mitigate the challenges currently faced by employees.

Exercises @ The Laptop

Healthy Morning Routine

Live Cooking Class - Healthy Recipes

Immune System Boosters

Health & Fitness for Remote Employees



Keep Musculoskeletal Health Boosted
& Mental Health Thriving

Self Guided Reflexology &
Carpal Tunnel Relief Exercises

Supporting Your Child's Wellbeing

Nutrition, Sleep and Exercise

Alcohol Awareness & Drinking at home

Deskercise & Sitting Posture Workshop



Keep Musculoskeletal Health Boosted
& Mental Health Thriving

How To Increase Sleep Hormones

Goal Setting

Communication

Staying Motivated

Aromatherapy for Stress Relief

Herbal Tea Blending Workshop

Journaling For Mental Health



#weareinthistogether

A collection of Virtual Socials to
boost emotional wellbeing.

Virtual Singing Session

Virtual Vegetable Growing Workshop

Online Laughter Yoga

Group Brain Games

Afro Fitness Class

Latin Dance Class

Virtual Musical Bingo

Virtual Sushi Making Workshop



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A collection of Virtual Socials to
boost emotional wellbeing.

Art Therapy

Tea Ceremony

Poetry Jam

Theatre Games and Techniques

Play Games Workshop

Disco Yoga

Online Karaoke

Self Care & Skin Care Workshop



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A collection of Virtual Socials to
boost emotional wellbeing.

Knitting Class

Amigurumi

Online Parties

Drum & Bass Workout

Social Wellbeing - Beatboxing Session

Make your own Self Care Kit

Make Your Mental Health Survival Kit

Creative writing workshop



**SESSIONS ARE DELIVERED BY THE WORKBLIS TEAM -
IN MULTIPLE LANGUAGES**

A modern office environment with large windows and people working at desks. The scene is bright and professional, with several individuals engaged in their work. A dark horizontal band is overlaid across the middle of the image, containing white text.

CONTACT WORKBLISS FOR FURTHER DETAILS
HI@WORKBLISS.COM

Resources

These sessions are available as an educational source of information for employees, and are not intended to be taken as, or replace personal medical advice.

If employees are going through issues, they are always advised to seek the services of their chosen health professional.

