



PROMOTING OPERATIONAL EXCELLENCE THROUGH INNOVATIVE TRAINING

Where Learning Meets Inspiration: The Wellness Specialist Advantage

WHO ARE WE

At The Wellness Specialist (TWS), we are passionate about fostering holistic wellbeing in the corporate world. Comprising four dynamic business units - TWS Wellness Hub, TWS Academy, TWS Organisational Support, and TWS Edu-Well - we specialize in delivering transformative trainings with a unique twist. At the heart of our approach lies the fusion of mindfulness, art, and play, allowing us to breathe life into corporate training like never before.

WHY CHOOSE US



Our Approach

We have supported individual, teams and individuals for over a decade and our multi-disciplinary team ensures every client is left in a better space than before we engaged with them



Holistic Approach

We prioritize holistic wellbeing, addressing mental, emotional, and physical health through our integrated training, resulting in energised teams.



Customised Solutions

Our range of business units allows us to offer customised solutions to meet the specific needs and objectives of each organisation, ensuring maximum impact and relevance.

OUR SERVICES

Mental Health Awareness

- Stress Management: Techniques for Coping and Resilience
- Mindfulness and Meditation Practices for Workplace Wellbeing
- Building Emotional Intelligence in the Workplace
- Managing Anxiety in a High-Pressure Environment
- Effective Communication Skills for Supporting Mental Health
- Work-Life Balance Strategies for Employee Wellness
- Understanding and Addressing Burnout in the Workplace
- Creating a Positive Work Environment: Promoting Mental Health at Work
- Cultivating Self-Compassion and Self-Care Habits
- Mental Health First Aid: Recognising Signs and Providing Support

Creative Workshops

- **Art Interventions for Stress Reduction**
- Creative Expression for Emotional Release
- Art Journaling for Self-Reflection





CORPORATE WELLNESS CHAMPION TRAINING

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WELLNESS CHAMPION TRAINING

Our Wellness Champion Training is a comprehensive program designed for wellness representatives, human resources teams, training departments, managers, supervisors, and employee engagement professionals. This program will empower your team to cultivate a healthier, more supportive workplace and enhance culture by equipping key individuals with the tools, knowledge, and strategies to champion wellness initiatives in the corporate environment.

EXPERT FACILITATORS



Our facilitators are seasoned wellness professionals, each bringing over 15 years of experience in human resources, training and development, corporate wellness, coaching, and employee engagement. They have successfully implemented wellness programs across diverse industries and have a deep understanding of how to tailor wellness strategies to meet the unique needs of each organization. With their guidance, participants will not only gain theoretical knowledge but also practical insights from real-world applications.



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LEADING WELL

FUTURE FIT WORKFORCES

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INCREASED PRODUCTIVITY

In today's fast-paced corporate world, employee wellbeing is directly linked to productivity, engagement, and overall business success. The Wellness Champion Training equips your organisation with wellness advocates & leaders who can:

- Identify and address wellness needs.
- Promote mental, emotional, and physical health initiatives.
- Encourage employee engagement through wellness programs.
- Facilitate open communication and foster a positive work culture

