



## Sanga Wellness

*The Way of Wellness*

Our Business is to revolutionise the delivery and implementation of corporate wellness and be the leading wellness company in Africa.



**Sanga Wellness**

<http://www.sangawellness.com>

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Cell: 072 2297 454

## Total Wellness

*Sanga Wellness* delivers **Wellness** into the hearts and minds of people through state of the art wellness assessments, consulting, interventions and training.

Our approach is from a *mind-body-soul* perspective and recognises that wellness is a choice of each and every individual.

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*Corporate Wellness* is presently being embraced by many businesses around the globe. Smart companies are offering wellness programs to their employees with the goal of reducing illness, tension and fatigue - while creating alertness, stamina, greater productivity and morale.

**Let us assist you in implementing a comprehensive Corporate Wellness Solution for your Company!**



## A Tailor-Made Solution

Our **Wellness Services** are unique and customise according to the client's wellness needs. These services are part of our Wellness Model. **Our Services** include:

1. *Corporate Wellness Assessment.*
2. *Wellness Coaching.*
3. *Wellness Consulting.*
4. *Wellness Interventions and Solutions.*
5. *Wellness Seminars, Workshops and Trainings.*
6. *Executive Wellness.*

### Corporate Wellness Implementation

The **first step** in establishing a corporate wellness program is to obtain a '*snapshot*' of the state of wellness and readiness to change within the company through our **Wellness Assessment** tool.



### Our Wellness Model

Our Wellness Model encompasses the following **five steps**:

1. *Wellness Inventory*: Complete wellness assessment of employees in order to gain an in-depth understanding of their current state of wellness within the company.
  2. *Consulting*: Using the analysis of the wellness assessment, we consult with top management regarding the wellness plan and implementation.
  3. *Interventions and Solutions*: Our wellness interventions are customised to the client's specific needs and motivation for change. Our wellness interventions are unique, and we administer state of the art technology to deliver the wellness.
  4. *Education and Training*: All our wellness educational programmes are geared towards behavioural changes with lasting effects on personal wellness.
  5. *Evaluation*: Included in our services is evaluation and re-assessment of employees within 6 months.
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## Why Corporate Wellness?

### How Does Workplace Wellness Profit Your Company?

A workplace wellness plan can help an employer to:

- *attract and keep employees;*
- *lower the costs of disability, drugs, and absenteeism;*
- *lower the effects of a stressful workplace;*
- *cut health costs or keep them contained; and*
- *improve morale by creating a happy, supportive environment.*



### How can we help you in implementing a successful Corporate Wellness Program?

### How Do Corporate Wellness Programs Profit Employees?

Staff members of businesses that have a Company Wellness Program are likely to have:

- *increased awareness and knowledge of ways to improve their health;*
- *a better (less stressful) workplace;*
- *increased protection from injury;*
- *improved health and wellbeing;*
- *higher morale and greater job satisfaction;*
- *increased productivity and performance at work;*
- *reduced personal health care costs; and*
- *a more relaxed/flexible approach to health issues.*

***We work with companies in a number of different ways and our wellness programs and solutions are customised to the client's specific needs.***



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