



Wellness

People are emotionally, physically and financially fragile right now and the smallest of gestures and support from an employer will earn years of loyalty.

We believe that 'well' employees are your greatest asset and capitalizing on their overall well-being is one of the greatest investments you can make resulting in lasting benefits for both the individual and the business driving a proactive, forward thinking, resilient culture and mindset.

Why wellness?

- Mental health is key to productivity, functionality and overall well-being of an individual.
- Almost R3b pa is lost to corporate sector due to untreated mental health conditions and stress-related expenses.
- Depression contributes to 69% of indirect costs such as low productivity and absenteeism.
- 50% of sick days taken are stress related.
- Financial wellness is critical requirement
- Global trends show an increase in divorce and gender based violence stats (GBV).

Wellness Assets format:

- Short topical talks or coffee style interactive chats
- Mini webinars and online e-learning programs
- Wellness campaigns

Wellness focus areas:

- Financial wellness - tools for reviewing spending patterns, cutting expenses, debt control and more.
- Mental and emotional wellness - tools for managing family relationships, finding a balance, work from home strategies, stress management, and more.
- Lifestyle wellness - tools incorporating both active and lifestyle elements.

Increase in challenges being faced

- 55% Anxiety and panic
- 46% Financial stress
- 40% Depression
- 30% Poor family relations
- 12% Suicidal thoughts
- 6% Substance abuse

Wellness Assets aims to empower individuals to build resilience and navigate their way through uncertainty, ultimately achieving long-term wellness. Programs are customised to deliver sustainable benefits for both the individual and organisation.

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