



Trainings dedicated to companies, institutions and organisations

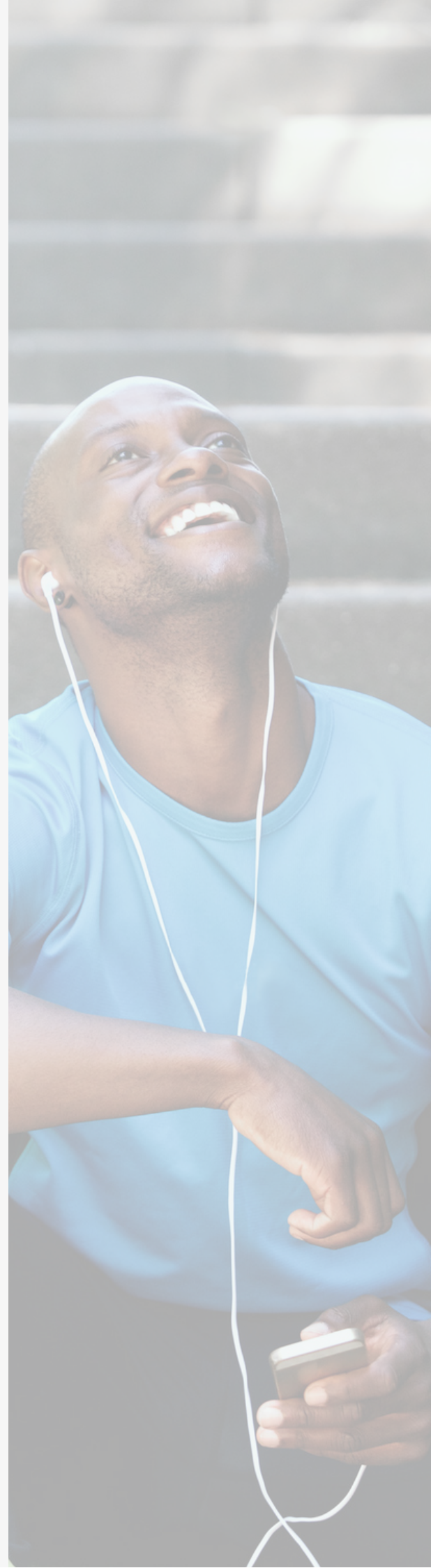
business wellness
so how take care of
wellbeing
in your workplace

www.wenecka.com



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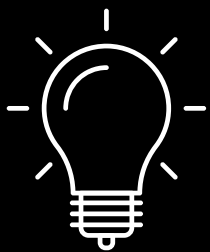


Why is it worth taking care of business wellness?

Analyses of the labor market show that the current support for employees, such as training and benefits, e.g. gym membership, do not meet employees' expectations. These generally available benefits do not significantly reduce employee sickness absences and sick leave. That's why we offer a unique solution tailored to the specific needs of companies. Thanks to our experience in corporations, we are able to understand the individual needs and challenges of employees, which will improve health, professional commitment and loyalty to the employer.

What will you gain by introducing business wellness support?

- increasing employee involvement
- improvement in physical health and, as a result, fewer sick leaves and fewer holidays on request
- reducing stress levels
- improving mental well-being
- better communication in the company and in the team
- increased sense of loyalty to the company
- pleasant working environment
- increased prestige and reputation of the company in terms of care for the health of employees



Thanks to the unique support of the Business Wellness offer, you can be a pioneer of individual and targeted solutions that will improve the well-being and satisfaction of employees. According to the latest analyses, taking care of employee well-being will become a key trend in the coming years, if your goal is to attract and retain highly qualified staff.

We provide closed and personalized training courses tailored to the company's profile, which, thanks to a tailored program, will allow us to meet the participants' requirements to the maximum extent possible. The courses can be held on-site or as online workshops. The training program includes individual training material tailored to specific needs.

Training programs



Employee wellness
and Stress Management



Business Wellness
Workshops



Sports benefits for
employees - activities
with a personal trainer



Public
Speaking



Individual
Consultations



Packages
tailored to your
needs

Employee Wellness and Stress Management



2h

online or
stationary

Description

Supporting employee well-being is extremely important for your organization. Prioritizing health and employee well-being is a central aspect of any people strategy and is crucial to the way an organization operates.

This course enables you to lead the way in creating practices that support wellbeing and take responsibility for ensuring that employee health and wellbeing is a priority wherever and however they work. You'll see how an integrated approach to health and wellbeing can also help to increase employee engagement and support a workforce where people are engaged in achieving organizational success.

For whom?

- The training is intended for professionals and line managers who are responsible for a team of any size
- The training is addressed to anyone who wants to further develop their knowledge about well-being at work

Goals and objectives

- You will learn how to create conditions conducive to the well-being, resilience and mental health of employees
- Your team will gain confidence in identifying signs of poor wellbeing and taking steps to implement strategies to support employee wellbeing. They will learn how supporting wellbeing and mental health can also lead to a more productive work environment and support business performance.

Structure

The training lasts 1 day, which consists of 3 hours 45 minutes of online training and additional work for participants. It is recommended to work independently 1 hour before the training and 3 hours after the training.



Business Wellness Workshops



2h

online or
stationary

Description

The workshops are a fun and informative forum for discussion about a healthy lifestyle. They aim to improve the health and well-being of employees, leading to a healthier, happier workforce and a more productive workforce and work environment.

Goals and objectives

In a relaxed and friendly atmosphere, we expand awareness and knowledge about nutrition, physical activity and well-being in your workplace. This way you can take care of yourself for happier, healthier and more balanced employees. The workshop program includes education on improving eating habits, reducing stress, restoring energy, increasing concentration and leading a healthy lifestyle. After the workshops, employees will leave with ready-made solutions and steps they can implement immediately.

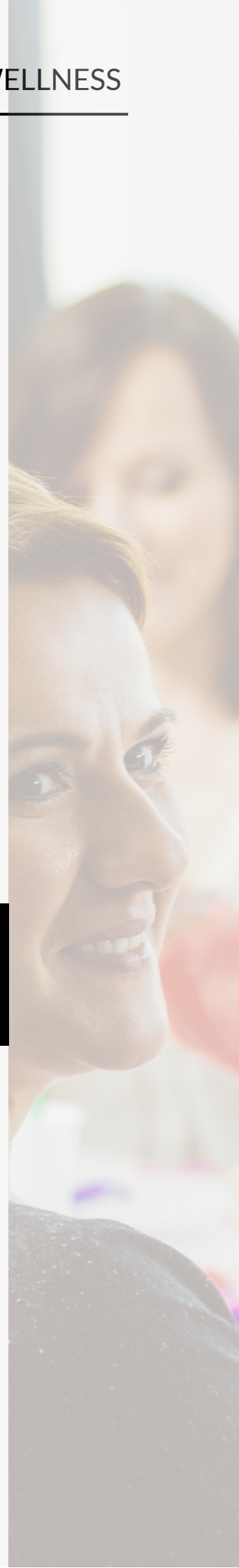


These workshops can be designed to meet the needs of a specific organization.

The most common topics

- Stretching exercises, yoga and breathing exercises in the workplace to relieve tension and reduce stress
- Mindfulness-based stress reduction – support your body and the mind in dealing with stress
- Get moving at work - learn about the dangers of a sedentary lifestyle and strategies for incorporating physical activity into work
- Food and mood - the role of nutrition in mental health
- Eat healthy - eat for energy, restorative sleep and good mood

Do you want to enjoy all the benefits of wellness programs in your workplace? Get in touch for more information, package proposals and a personalized quote.



Sport benefits for employees: personal trainer care

Description

If you take care of the physical fitness of your employees, you will not only increase their efficiency, reduce stress and increase energy levels, but also increase their resistance to change, ability to adapt and perseverance in action. Research shows that thanks to individually tailored physical activity, we achieve our goals faster and learn to plan smarter, hence our self-confidence increases.

If we take into account the market needs in personalizing employee benefits and the growing trend of health benefits offered by the employer, choosing individually tailored classes with a personal trainer seems to be an obvious choice.

Why this package is so special



An original training method on the global market that increases employee performance

The Absolute Body Control method is based on many years of experience and education in the field of sports, anatomy, psychology, physiology, breathing and nutrition. It combines the most beneficial types of movement in appropriate, scientifically proven proportions.



Safety and privacy

Security and privacy are our priority. During classes, each participant is treated individually, taking into account their previous health history, injuries and diseases. Each exercise is performed under technical supervision. We guarantee respect for the privacy and intimacy of participants.



Flexibility

Classes are held at a time and place agreed by the participants. Unlike universal benefit solutions, your employee is treated individually and has real interaction with one trainer, which provides him with constant motivation, education and improves teamwork skills.

Do you want to introduce individual benefits? Or maybe you are interested in coaching benefits for small groups (up to 5 people)? Contact us to receive a personalized offer and quote.



Public speaking



2h

online or
stationary

Description

Planujesz zorganizować spotkanie integracyjne, konferencję lub warsztaty? Szukasz ciekawych tematów i charyzmatycznych, doświadczonych prelegentów? Rozważ zatrudnienie preleganta z zewnątrz, który od scenariusza do przemowy przygotuje wystąpienie oraz świeżo i wigorem poprowadzi poruszającą narrację z dziedziny business wellness.

The most common topics

- Building well-being at work and beyond
- Dopamine detox is a determinant of success at work
- I want to move more, but I don't have time! 5 methods to improve your time management
- Is it possible to forward all messages? On reading body communication

Why us?



We know what we speak about

For years, we have been training in the field of health and broadly understood wellness with passion and dedication. Our specialization is medical training, personal training, exercises aimed at developing the body and mind, and work with fascia, breath and mindfulness. Our years of corporate experience mean that our clients' problems are close to our hearts and we understand current problems and everyday challenges.



We know how to speak

15 years of experience in communication management and direct customer service is our starting point. Improving the art of speaking involves interviews, running an original podcast in Polish and English, and even certifications and public speaking training and training of other trainers.



We know when to stop

Practice shows that sometimes the best moment during training and speeches is a moment of... silence. We know when to use the right techniques to reach those who seem most resistant to change.



Individual consultations



to determine



online or
stationary

Description

Sometimes, when we need unique solutions, we run out of tools. A training or conference may not be enough to support a key person in a company or organization on their way to well-being, increased motivation and achieving their goals. We also don't know where the problem really lies. And then it is worth seeking help from outside, i.e. a person who will look at our organization and the key person for the company objectively and interdisciplinary, and then become our partner on the path to implementing the company's vision and strategy. 1:1 consulting is one of the most frequently chosen forms of cooperation and may concern both cooperation with the management board or managerial staff, as well as carrying out an individual audit for a company that wants to create an employee-friendly working environment.

For whom?

- Individual consultations are intended for management boards and managerial staff who notice the need for support and individual work on your sense of well-being
- Consultations can be used to conduct an audit for companies in order to determine the actual situation, indicate guidelines and solutions that should be introduced to make the company a more friendly, competitive workplace.



It is possible to purchase a consultation package

Packages tailored to your needs



Services can be freely combined and mixed. Contact us and we will prepare an individual package offer for you.

Are you interested in the subject of training, but want to expand on the selected issue or propose your own issue that fits perfectly into your company or organization? Go ahead! That's what we're here for. Contact us, we will ensure the greatest possible value for you.

Contact:

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www.wenecka.com



Why us?

We provide the most unique, individual care in the field of employee Business Wellness. See what else you get by working with us:

- Many years of experience in corporations, organizations and institutions
- High level of soft and hard skills
- Intimacy
- Flexibility and adaptation to you
- Certainty of high-quality service and professionalism (satisfied customers speak for themselves)
- Online and offline training available
- Certificate of completion of the program training for organizations and participants
- Decisiveness: You decide what your organization needs. We advise.



Reviews



A few years ago, when I ruptured my Achilles tendon, I became discouraged from exercising/sporting. In the summer, after the end of the pandemic and remote work, I noticed that my fitness and health were weakening. I knew I needed real help, not random advice from the Internet or visits to doctors. I chose Justyna, who turned out to be a passionate Trainer. She took my needs and health concerns seriously. He comes to training with a plan of various exercises to perform. While performing them, he ensures correct technique and explains their operation. After the classes, she is interested in my well-being and health. I have been training with Justyna for a few months, and I noticed the effects of our cooperation after just a few weeks. My posture improved, my arms and back became stronger, and I gained greater overall fitness. Justyna is always smiling and full of energy. Justyna's commitment, perseverance and professionalism motivated me to continue working. I bought a MultiSport card and thanks to the Trainer, I enjoy using the treadmill and elliptical trainer after work. Thanks to my Trainer, I am looking forward to my holidays, especially trips to the mountains. I recommend Justyna and greet all those who are undecided!!

Aneta, clerk

Cooperation with Justyna has been smooth and professional from the very beginning. Her projects are implemented precisely and dynamically - in the shortest possible time. We have very good business contacts. Justyna is able to effectively brief tasks, expecting reliable completion within a realistic deadline. Justyna's attitude and work style is focused on results and contractor satisfaction. Tasks within the projects he leads and supervises are always carried out in accordance with the client's expectations.

Łukasz, copywriter

[check other reviews >>](#)



Privacy policy

Privacy matters to us.
For more information, please visit our website
[privacy_policy](#).

