



SIMPLE CONCEPTS, TRANSFORMATIONAL CHANGE

WELLBEING PROGRAM MANAGEMENT

Customized workplace wellbeing programs include design, implementation and execution. **You decide, we do the rest.**

PROGRAM OPTIONS



Games & contests



Training programs



On-site yoga & fitness



Chair massage



Volunteer activities



Nutritionist consultations

All benefits of an on-site coordinator, without hiring additional staff

- ✓ Vendor management
- ✓ Invoicing
- ✓ Logistics
- ✓ Single point of contact

Providing support when life comes to work:

- ✓ Work / Life Integration Programs
- ✓ Managing Stress and Anxiety
- ✓ Balancing Business & Compassion
- ✓ Financial Wellbeing Training & Coaching
- ✓ Leading Teams Through Difficult Situations
- ✓ Grief Counseling

FLEXIBLE CUSTOMIZED SIMPLE

READY FOR A CHANGE? CONTACT US TODAY.

engage@simplechange.com • (919)607-7164 • simplechange.com