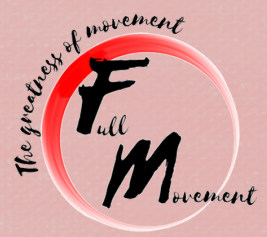


CORPORATE WELLNESS & MOVEMENT



COACHING SERVICES

Discover a method designed to relieve tension, boost team energy, and instill the right habits. Led by a qualified and experienced coach.

A HOLISTIC APPROACH

Improve mobility and posture

Strengthen the body

Release tension

Restore physical and mental balance

OUR WORKSHOP FORMATS :

Tailored to your premises, schedules, and needs, available in-person or remotely.

Work'n'Flow (20-30 min)

Simple and effective active breaks to counter sedentary behavior: joint mobility, breathing exercises, stretching, and muscle release.

➡ Ideal between meetings or during lunch breaks. From €50 per session.

Work'n'Move (90 min)

Focus on posture and proper movement, both in the office and in the field.

A dynamic and engaging format designed to understand and apply practical solutions in everyday life. Can be delivered as multiple 90-minute sessions for larger teams (15+ participants).

➡ Give your company the opportunity to move better and work better.

Provide your teams with a practical guide to the three essential movement habits to adopt daily.

From €150 per session.


Work'n'Flex

Your tailor-made solution to improve workplace wellbeing and performance. Flexible and adaptable, we adjust to your specific needs.


➡ Multi-disciplinary companies, unusual workspaces, or distributed teams?

Work'n'Flex is the ideal solution. Pricing upon request.

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