



# VIRTUAL WELLBEING DAYS FOR EMPLOYEES

Sports Themed Events

# Our Story

Marlon Commock founded Pulse Social in 2018, with the social purpose of increasing involvement, inclusion, and confidence with all participants playing sports throughout London and Hertfordshire.

As a not-for-profit community sports social enterprise, we provide a variety of inclusive sporting activities, for all ages to enjoy with the aim of Creating a Sporting Smile on all the participants' faces.





# VIRTUAL WELLBEING DAYS FOR EMPLOYEES SERVICES

At Pulse Social we extend beyond traditional wellbeing programs by assessing your employees beforehand, guaranteeing the ideal parameters are targeted. This can include aspects such as wellbeing activity, nutritional and health seminars, mindfulness workshops, and much more.

Creating and sustaining a program perfectly suited to your workforce, cultivating positive habits among employees and improving health outcomes, resulting in increased productivity and boosting employee engagement.

Ultimately optimising the company's investment, and at the same time supporting Pulse Social's community sports initiatives.

Below are some sample Wellness Packages, any of which can be tailored in detail according to your employee and business needs.

Please contact us to discuss your requirements. We are here to achieve your desired outcome and ultimately increase your employee happiness, productivity, and engagement.





# YOGA

## VIRTUAL WELLBEING

Our virtual classes will introduce your team to the central postures of yoga and correct alignment principles.

Your team will learn the breathing techniques while strengthening their bodies, increasing mobility, building your teams confidence, and opening their mind.







# QIGONG

## VIRTUAL WELLBEING

To help reduce stress we offer moving meditation, Qigong, it is a combination of postures, breathing, intention and repetitive movements, to move the energy through the body, to increase flexibility, relaxation and optimism.







# HIIT WORKOUTS

## VIRTUAL WELLBEING

HIIT workouts with Jenny Tomei. The magical form of exercise, bundled up into a convenient 30 minute package, that uses little to no equipment and continues to burn calories for several hours afterward, as well as providing many other health benefits.

Is it any wonder that HIIT workouts are becoming increasingly more popular for firms as many of us find ourselves working from home.







# INTERACTIVE QUIZ GAMES

## VIRTUAL TEAM BUILDING

Corporate interactive game events have the extraordinary ability to bring people together, despite the competitive streak that they often bring out, even in your most reserved colleagues.





# MINDFUL MEDITATION

## VIRTUAL MEDETATION

Mindfulness meditation is a form of clear mind meditation. Attention is paid to the natural rhythm of the breath while sitting.

The instructor will provide strategies for reducing stress and anxiety, settling an overactive or overwhelmed mind, and finding a sense of peace.







## CONTACT US



07375 594 559



020 8191 8507



info@pulsesocial.co.uk



[www.pulsesocial.co.uk](http://www.pulsesocial.co.uk)