

# CORPORATE SPORTS & WELLBEING DAYS

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.





# CORPORATE SPORTS & WELLBEING DAYS

One of London's most spontaneous and creative community sports providers. **Pulse Social** are key specialists in organising **Corporate Sports & Wellness** event days.

There's no better way to enjoy sports fun away from the office than by indulging in our selection of exciting, challenging, sports and wellbeing-themed team building activities.

Let us develop communication and relationships within your workforce.

Choose from a range of inclusive team sports activities:

- HIIT Classes
- Dodgeball
- Rounders
- Multi Sports
- Football

**All the proceeds will support our community sports and employability projects across London and Hertfordshire.**

## HIIT CLASSES

**HIIT classes** with **Jenny**. The magical form of exercise, bundled up into a convenient for up to **60 minutes** packages, that uses little to no equipment and continues to burn calories for several hours afterward, as well as providing many other health benefits.

**Location:** Online on Zoom / in the office.





## DODGEBALL

Dodgeball is one of the most inclusive sports we offer. Pretty much the whole workforce and clients can get involved with all the fun.

The rules are super easy and quick to learn, no prior playing experience needed. We can host the event indoors, outdoors or even at a local park. Just let us know and we will be there.

Suitable group size of up to **30 participants**.





## FOOTBALL

The greatest feeling in the world is when you are on that football field. We have a wide range of formats available, each of which can be tailored to meet your organisation's needs.

Our events include **5-a-side tournaments** for up to **16 teams**.

Suitable group size of up to **80 participants**.

We provide an exceptional team environment for the whole workforce to participate and to cheer on your work colleagues.



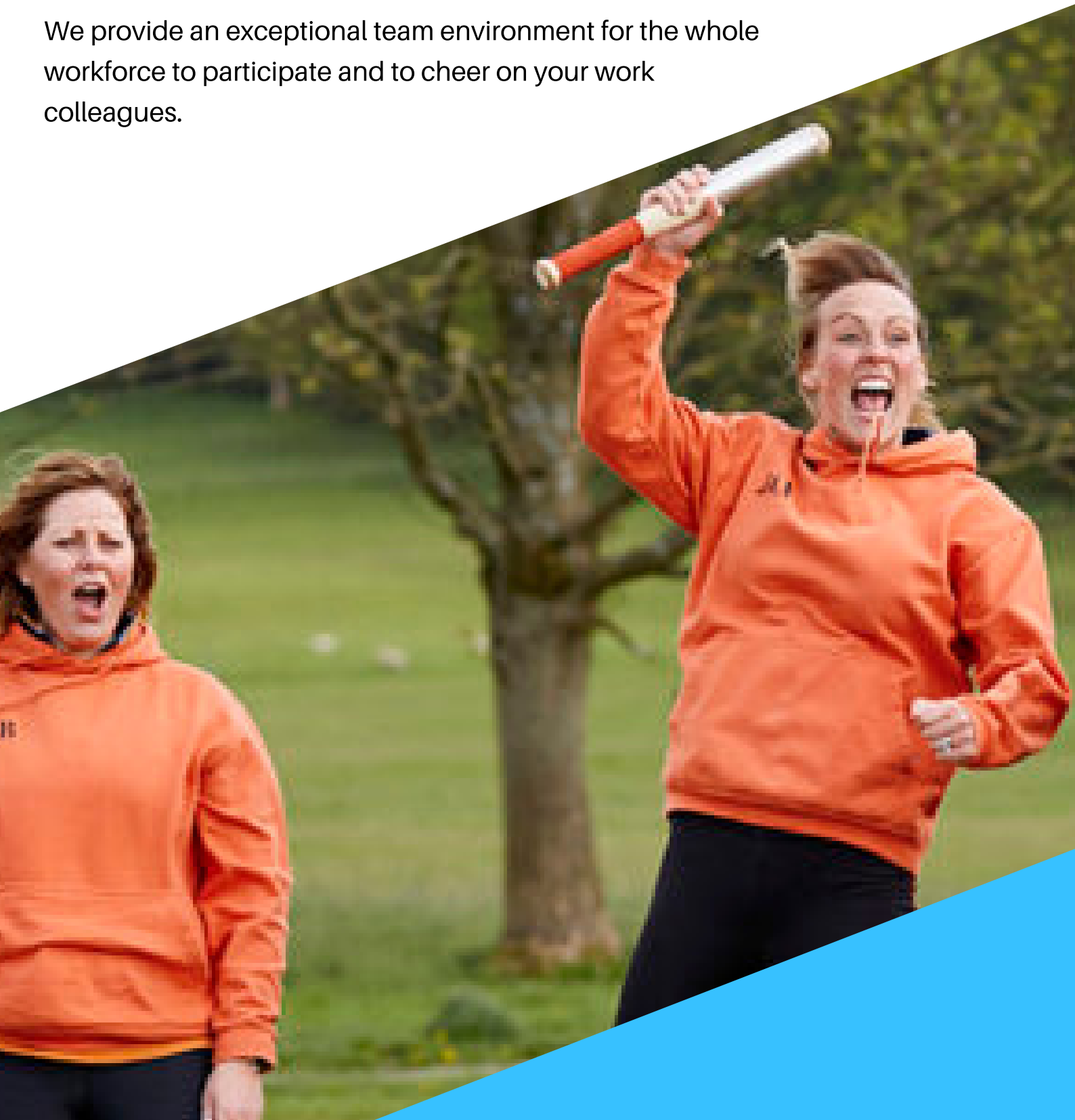


## ROUNDERS

When you ask people about Rounders it brings a smile, revisiting memories of a fun, team sport they've played at school. Perfect opportunity to revisit this great activity for your workplace.

Suitable group size of up to **30 participants**.

We provide an exceptional team environment for the whole workforce to participate and to cheer on your work colleagues.





## MULTI SPORTS

Our Old School Corporate Sports Day is adaptable to most flat playing surfaces including school sports halls, grass pitches and artificial playing surfaces.

Suitable group size of up to **30 participants**.

We provide exceptional team building activities that involve all of your team and colleagues in a variety of races, whether taking part or cheering on your colleagues.

### Sports Day Activities:

- Egg and Spoon Race
- Bespoke Sports Relay
- Tug of War Competition
- Plus more....







## CONTACT US



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