



# **EmpowerHer Wellbeing**

**a corporate wellbeing initiative  
powered  
by Vision Uplift**

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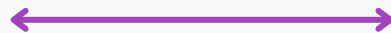
We curate wellbeing experiences  
designed to enhance the career journeys  
of corporate and business women  
through immersive events  
that equip, encourage and elevate women  
to live a life of integrated harmony

”





# About Us



[www.visionuplyft.com](http://www.visionuplyft.com)



# About Us

Vision Uplyft was birthed out of a need to contribute to female empowerment, focusing on the unique challenges faced by working women (especially working mothers).

With the pressures of professional life, personal aspirations, and the undying commitment to family, many women find themselves striving for a mythical "perfect balance". This has seen women underrepresented in the corporate pipeline from entry level to c-suite.

At Vision Uplyft, we are advocates for leveraging the pillars of wellbeing to build the resilience and adaptability required to remain and thrive in the workforce and live a life of integrated harmony.

Vision Uplyft's value proposition is in curating wellbeing experiences for personal growth through our retreats, workshops, events and self-care resources.



*Vision  
Uplyft*

# Our Corporate Philosophy

## GOAL

Sustainability Development Goal 5.5: Ensure women's full and effective participation and equal opportunities for leadership at all levels of decision-making in political, economic and public life

## VISION

Reduce the gender parity gap and keep women in leadership by promoting a lifestyle of integrated harmony.

## MISSION

Build a thriving network of women who equip, encourage, and elevate each other to pursue purpose, conquer challenges, achieve ambitions, and bloom beautifully.

## VALUES

- **Empowerment:** Equip women with the tools and knowledge to succeed.
- **Community:** Foster a supportive and encouraging network.
- **Resilience:** Build mental, emotional, and physical strength.
- **Leadership:** Inspire and sustain female leadership.
- **Harmony:** Promote a balanced and integrated lifestyle.



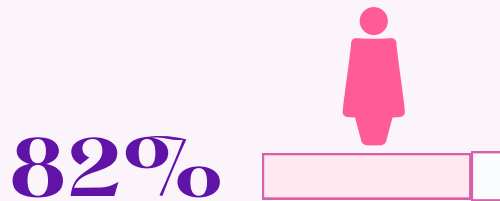


# What Drives Us





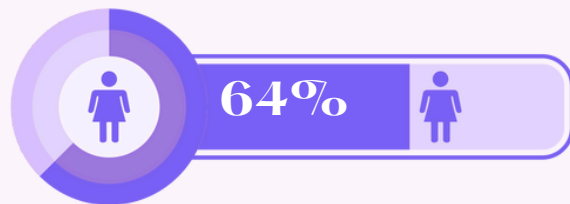
# The Statistics...



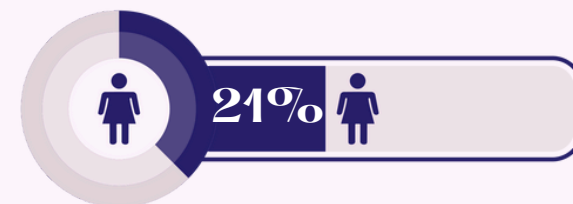
of moms between the ages 21 - 43 considered leaving the workplace due to the stress and cost of childcare



of women in Nigeria report feeling stressed at work, and many reach a point where they require immediate assistance



of employees are at an increased risk of burnout, with women having a slightly higher risk than men



of workers say their company does not offer any program to help alleviate burnout.

- For women in particular, balancing work with domestic responsibilities adds an extra layer of stress. The majority still bear the primary responsibility for household tasks and caregiving, which further strains their wellbeing
- When left unchecked, stress can lead to increased absenteeism, higher turnover, and reduced productivity, all of which can harm a company's bottom line



## What is workplace wellness?

- The Global Wellness Institute (GWI) defines wellness as: the active pursuit of activities, choices, and lifestyles that lead to a state of holistic health.
- Wellness at work is enabling everyone to work in an environment that improves rather than reduces their health and well-being.

## Benefits of Wellbeing to the Company

- Lower healthcare costs
- Reduced absenteeism
- Increased employee productivity
- Fewer injuries
- Enhanced employee morale and loyalty
- Decreased workers' compensation and disability-related expenses



# How Your Organisation Can Support Employee Wellbeing

## **Promote a Healthy Work-Life Balance:**

- Encourage employees to take regular breaks, use their vacation time, and disconnect from work after hours. Flexible work schedules and remote working options can also help employees manage their time better.

## **Implement Employee Wellness Programs:**

- Create wellness programs that include physical fitness, mental health resources, stress management workshops, and healthy eating initiatives. These programs can reduce the physical and psychological impacts of stress.

## **Enhance Communication and Support:**

- Foster an open and supportive work environment where employees feel comfortable discussing their stress and mental health. Regular check-ins with managers and peer support groups can be beneficial.

## **Offer Stress Management Training:**

- Provide training for both employees and managers on how to recognize stress, manage it effectively, and support others who may be struggling with stress-related issues.





# When employees feel that their employers genuinely care about their health and wellbeing, they are...



**38%**

more engaged in  
their work



**10X**

less inclined to  
exhibit hostility



**27%**

more likely to  
recommend their  
workplace



**18%**

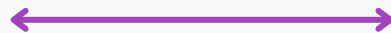
more likely to  
go above and  
beyond

Allow us to support in bringing your wellbeing culture to life





# Our Approach





# Wellbeing as the Foundation for Women's Leadership and Corporate Success

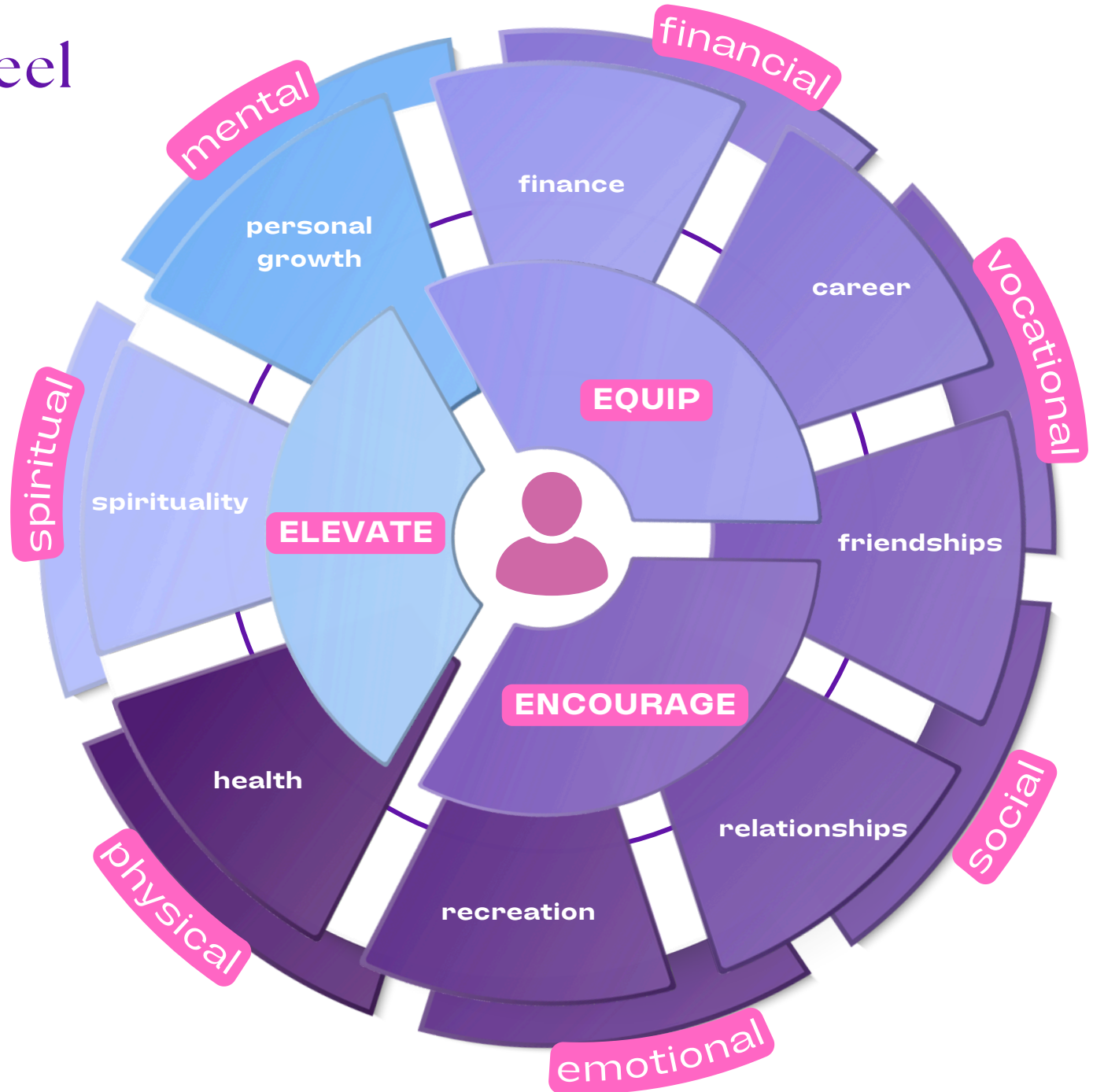


- At Vision Uplyft, we understand that true empowerment is rooted in wellbeing. Our unique Triple E Formula—Equip, Encourage, and Elevate—is designed to provide holistic support for women, empowering them in both their personal and professional lives.
- Vision Uplyft defines wellbeing through various pillars, each with its own key elements:
  - **Physical Wellbeing:** Fitness, sleep, and nutrition.
  - **Mental Wellbeing:** Emotional resilience, stress management, and growth.
  - **Social Wellbeing:** Relationships, community, and connection.
  - **Emotional Wellbeing:** Building emotional balance, resilience and maturity.
  - **Spiritual Wellbeing:** Purpose, meaning, and alignment with one's values.
  - **Vocational Wellbeing:** Personal fulfillment and career satisfaction.
  - **Financial Wellbeing:** Stability and effective financial management.



# The VU Harmony Wheel

- The VU Harmony Wheel is a multidimensional framework for living a life of integrated harmony.
- At its core is Vision Uplyft's proprietary Triple E Approach—Equip, Encourage, and Elevate—which serves as the catalyst for inner growth.
- This growth seamlessly transforms the outer dimensions of wellbeing, fostering a balanced, thriving life from the inside out—a process we at Vision Uplyft call “bloom beautifully”



# The Triple E Pillars Explained

PILLAR	EQUIP	ENCOURAGE	ELEVATE
DEFINITION	<ul style="list-style-type: none"><li>• Equip focuses on providing tools, resources, and education that help women enhance their skills, enabling them to navigate both career and personal challenges.</li><li>• This promotes personal growth and mental resilience by fostering lifelong learning.</li></ul>	<ul style="list-style-type: none"><li>• Encourage builds a strong support network where women feel connected and valued.</li><li>• The focus on creating a nurturing community encourages women to share experiences, support one another, and create long-lasting relationships.</li></ul>	<ul style="list-style-type: none"><li>• Elevate encourages women to pursue their purpose and ambitions.</li><li>• This pillar focuses on personal fulfilment through meaningful work and leadership, ensuring women stay in or progress into leadership roles.</li></ul>
ATTRIBUTES	Knowledge & Skills Development	Community & Support	Purpose & Achievement

# Corporate Value Proposition

- By aligning the pillars Equip, Encourage, and Elevate with the pillars of wellbeing (Physical, Emotional, Social, Spiritual, Mental, Financial and Vocational), Vision Uplyft creates an integrated framework that supports women not only in their professional lives but also in their overall wellbeing.
- Through this holistic approach, Vision Uplyft empowers women to thrive across all areas of life, promoting a balanced lifestyle that helps them build resilience and stay in leadership roles, addressing gender parity in the workplace.

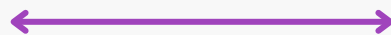
Our services, built on the Triple E Formula, touch each of the wellbeing pillars, creating a framework that not only supports women's wellbeing but also helps keep them in the corporate and business pipeline.







# Our Services



# Our Flagship Service

"**The Retreat**" is Vision Uplyft's premier program aimed at integrating holistic wellness and professional networking into daily life. It addresses the rising issue of workplace burnout and the challenges faced by working women, reflecting our commitment to improving both mental and physical health.

This pioneering initiative fosters meaningful connections within the professional community, promoting a balanced and supportive environment. Participants benefit from a holistic approach that combines relaxation, personal development, and career growth opportunities. By prioritizing well-being, "The Retreat" empowers professionals to thrive both personally and professionally.

Attendees leave with refreshed bodies and minds, along with valuable connections that can drive future success



# OUR RANGE OF SERVICES



By aligning with the Global Wellness Institute (GWI) definition of wellbeing, we ensure that our services touch on all facets of wellness, allowing women to thrive, build resilience, and remain in leadership positions.

EQUIP		ENCOURAGE	ELEVATE
THRIVE SUITES			
<p>Elevate your company culture with our bespoke retreats, workshops, and masterclasses designed to inspire holistic growth, nurture wellbeing and empower individuals to achieve balance and success in their personal and professional lives.</p>	FLOW IN MOTION		SELF CARE PRODUCTS
	<p>A dynamic dance therapy experience that combines movement and mindfulness to boost physical health, reduce stress, and foster emotional well-being through the joy of motion.</p>	NETWORKING EVENTS	<p>Our curated range of workbooks, planners, journals, and affirmation cards offers practical tools for self-reflection, goal setting, and mental wellness, empowering individuals to stay aligned with their wellbeing journey.</p>
		<p>We bring women together through our networking events VU Moms Hangout and Bloom Circle With The Sisters. These events create supportive communities where personal connections are nurtured and professional growth is encouraged, all within a space that promotes overall wellbeing.</p>	



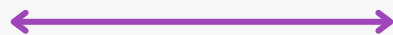
## UNSURE WHAT TO CHOOSE? Start by scheduling an initial wellbeing assessment.

Our packages can help you develop a plan that genuinely addresses your team's needs, ensuring your investment and efforts are truly effective.

<b>STAGE ONE</b>	<p>We offer a tailored, anonymous online survey for each employee to comprehensively evaluate their overall well-being. The results are analysed and presented in a clear, easy-to-understand report to help guide your workplace wellness plans both now and in the future.</p>
<b>FOUNDATION</b>	
<b>STAGE TWO</b>	<p>In addition to the surveys included in our Basic package, our "An In-Depth View" assessments involve an on-site visit where we engage with your staff face-to-face. Through small group interviews, we gain a more personal and in-depth understanding of your team's genuine concerns.</p>
<b>AN IN-DEPTH VIEW</b>	
<b>STAGE THREE</b>	<p>The Comprehensive Assessment includes everything from our Basic and In-Depth View packages, along with a detailed analysis of your leadership team. We conduct one-on-one interviews with managers and executives to gain deeper insights into the company culture and identify key needs from the top down.</p>
<b>THE COMPREHENSIVE ASSESSMENT</b>	



# Our Previous Events





We are thrilled to announce that since our inception, we have empowered over 300 women through our dynamic events, both online and in-person. Our vibrant community now boasts 1,008 inspiring women (social media + email community), and we are committed to reaching even more women.

## Physical Events



The "EmpowerHER 2024"  
27TH JANUARY 2024



Bloom Circle with the Sisters  
18TH MAY 2024



The Oasis Retreat  
8TH JUNE 2024



Moms in Motion  
10TH AUGUST 2024



Vu Moms Hangout  
14TH DECEMBER 2024

## Virtual Events



The "EmpowerHER 2024"  
12TH JANUARY 2024



Radiant You  
2ND MARCH 2024



The Network Effect  
13TH APRIL 2024



Goal Setting Workshop  
20TH JULY 2024



Goal Setting Workshop  
28TH SEPTEMBER 2024

## Corporate Events



Harmony Within  
21ST SEPTEMBER 2024



# Our Trusted Partners: Specialists in Wellbeing



**Lady Bodam**  
Founder, Refined Lady



**WanaWana**  
Poet and Journalist



**Ayo Mairo-Ese**  
Media Personality (AriseTV Anchor)



**Ayo Ayeni**  
Founder, Haven Advocacy



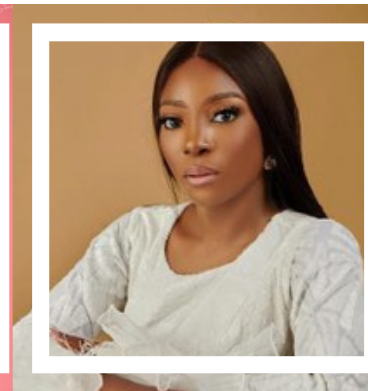
**Tosin Sanni**  
Soul Prosperity Coach



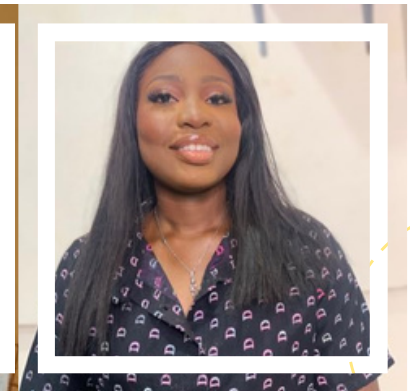
**Coach Fola**  
Parenting Strategist



**Coach Sola Adesakin**  
Finance & Wealth Coach



**Sarah Amana**  
Rich Aunt Finance

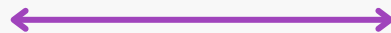


**Thieola**  
Dance Therapist

At Vision Uplift, we collaborate with industry-leading partners who bring expertise across key areas of wellbeing. Together, our combined experience ensures holistic solutions that empower and elevate women in every facet of their lives, from physical and emotional health to professional and personal growth.



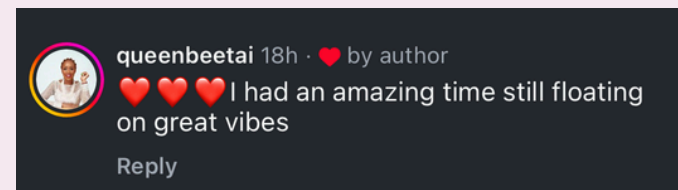
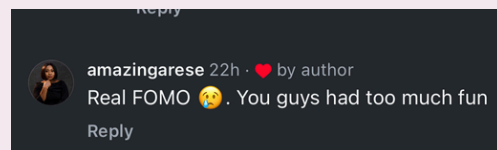
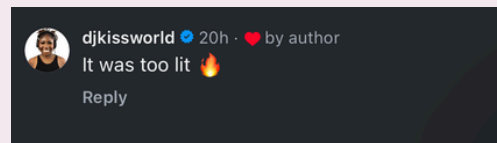
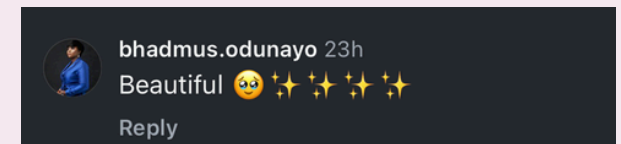
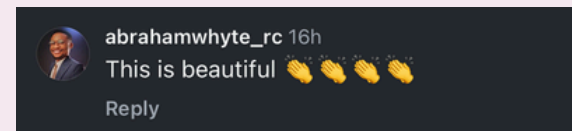
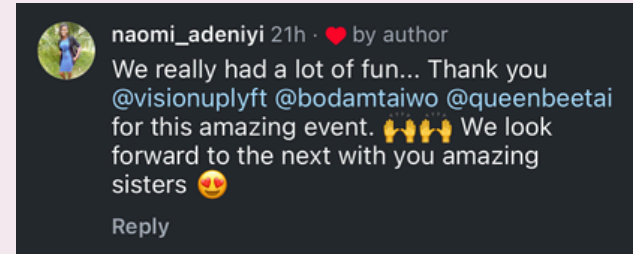
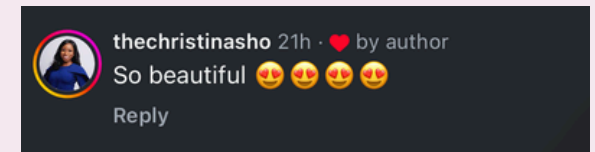
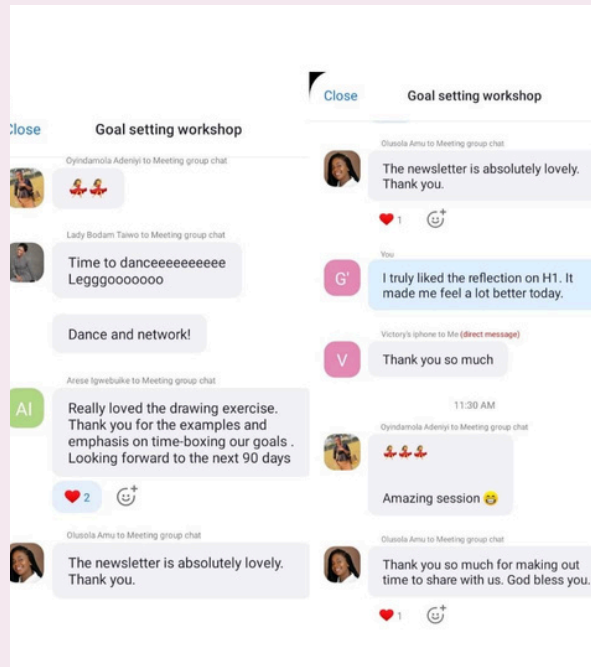
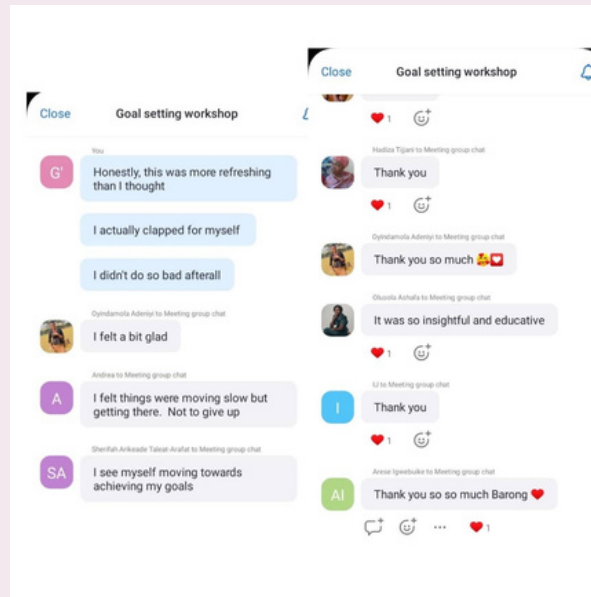
# Testimonials







<https://www.instagram.com/p/DBedbb6uJfW/>





# Gallery

Take a trip with us down memory lane as we showcase some of our past events

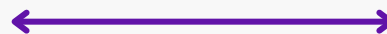








# Contact Us



We are open to building a partnership  
and would love to hear from you.



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