



Wellness Workshops

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Physical Health - Live Online Home Workouts

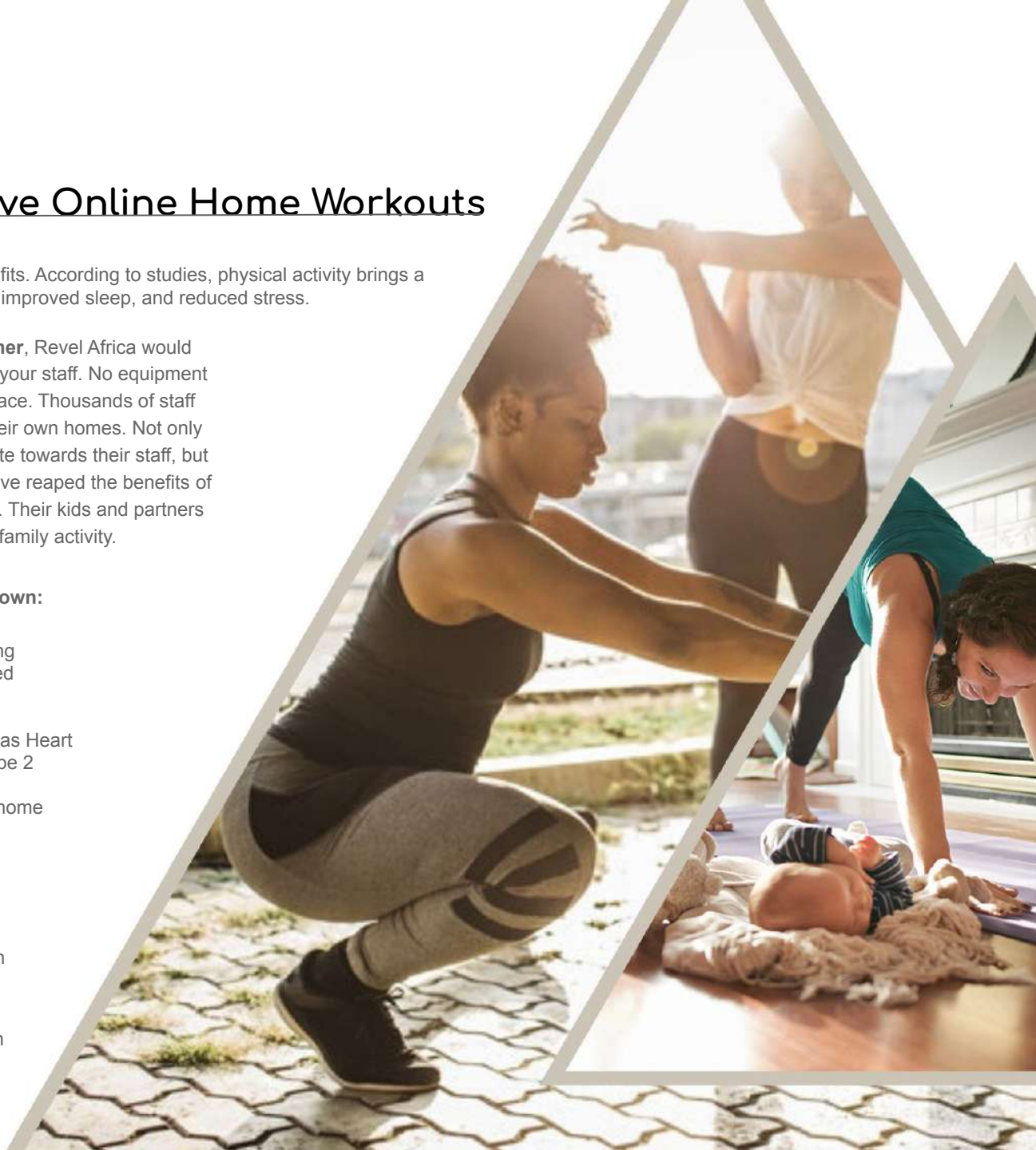
Physical fitness offers lots of health and other benefits. According to studies, physical activity brings a sense of purpose and value, a better quality of life, improved sleep, and reduced stress.

In collaboration with our **professional fitness trainer**, Revel Africa would like to offer live online Home Workout sessions for your staff. No equipment required, all they need is some enthusiasm and space. Thousands of staff members can join at once in the convenience of their own homes. Not only would your company stand out as a caring corporate towards their staff, but once the pandemic's dust settles, all staff would have reaped the benefits of training and be ready to return to work in full swing. Their kids and partners are welcome to join in too for a fun-filled lockdown family activity.

Why is it important to keep active during Lockdown:

- Increase mental health and social wellbeing
- Reduce the chance of becoming depressed
- Have stronger muscles and bones
- Achieve or maintain a healthy weight
- Reduces risks of medical conditions such as Heart Disease, Stroke, High Blood Pressure, Type 2 diabetes etc.
- Avoid injury and safely perform work and home chores
- Feel great physically
- Sleep better

Our fitness trainer strives to be professional and effective with his training while always focusing on proper technique too! As a fitness trainer, his training methods embrace and challenge every staff member at every fitness level. He focuses on continuously improving and provides a science-based training method.



Not Your Average Cooking Class

It's with Revel Africa where your staff can live the journey of health optimisation.

We focus on the mind and body to reach optimum relaxation, through eating right, along with a host of scientifically-based therapeutic workshops which included physical and mental activity. **Taking care of your team, no matter where they are, is always a worthwhile investment.**

We host interactive live cooking masterclasses, which include culinary skills, healthy lifestyle tips, and a take on healthy nutrition. **It's not just your average pre-recorded cooking class - our chef prepares the dish with you in an interactive manner.** We assist with providing your staff with a fun, but healthy alternative to cooking while they gain many cooking skills too.

Our Executive Chef has revolutionised the way food is cooked, while our Doctor provides informative nutritional information and suggestions - all during the masterclass.

We focus on numerous topics which can be alternated every week:

- Cooking tips, tricks & correct techniques
- Rejuvenation foods
- Immune system boosting foods
- De-stressing foods
- Etc

Not only that, we are able to deliver all ingredients required for the class directly to your staff! Alternatively, this can be pre-bought.





Mental Health Online Workshops

Mental health includes our psychological, social, and emotional well-being. It affects how we think, feel, and how we perform in our daily lives. Your ability to handle emotions, stress, and making important business decisions are greatly determined by your psychological state. This is especially true if you want to produce extraordinary results in each area of your company.

We are all going through enforced quarantine, where there is restriction of movement, curfew conditions, restriction of access to a range of products and services, and, of particular relevance to mental health, severe restriction of physical social interactions.

Effects of Lockdown on Mental Health may include:

- Anxiety & Stress (linked to related absenteeism)
- Post-traumatic stress symptoms
- Low mood (most common)
- Insomnia
- Anger & Irritability (most common)
- Emotional exhaustion (synonymous with burnout)
- Depression & Feelings of helplessness

Our Workshops touch on topics such as:

- Self-awareness & Integration
- Motivation & Behaviour
- Blind Spots & Core fears
- Self organisation
- Social connectedness & Communication
- Strengths & Weaknesses
- Conflict & Triggers
- etc



Online Game Nights

Even the best product or most innovative business plan doesn't mean anything if there aren't great people behind it. Employees are the heart of every company, and investing in team building exercises enhances their roles and connections.

We are currently experiencing severe restriction of physical social interactions, thus by providing a sense of social connectedness it will aid in staff being more productive as your team will be happy.

Online Game Nights for employees hosted by Revel Africa:

- Virtual Quiz Night
- Virtual Bingo
- Games for E-learning, to Interactive Presentations, Training and Virtual Events - integrated with **our App**, Microsoft Teams, Google Hangouts, Zoom, Slack and more



Ladies Pampering Tutorials

- Makeup Techniques & Tips (all skin types)
- Skin Care Tips and Tricks (from an expert)
- Home Facials
- Home Nail Care
- Massage Techniques





Customised Staff Wellness App

Customised Wellness App

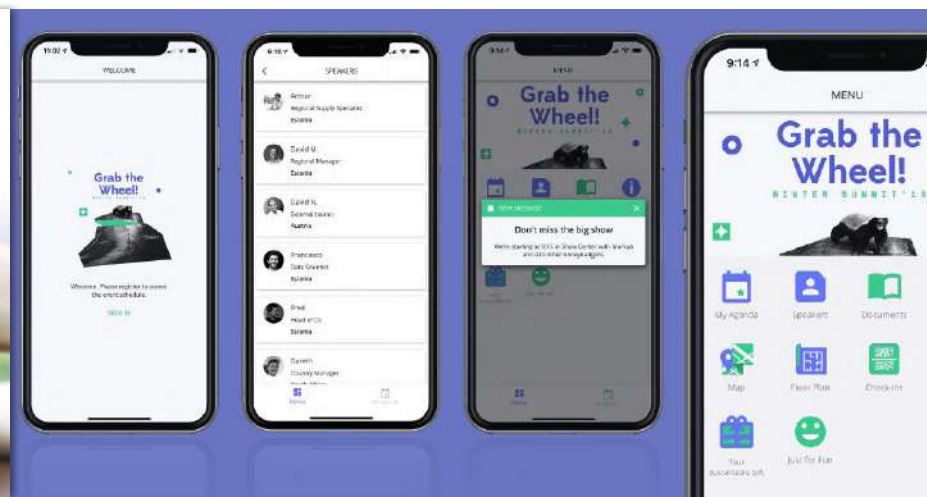
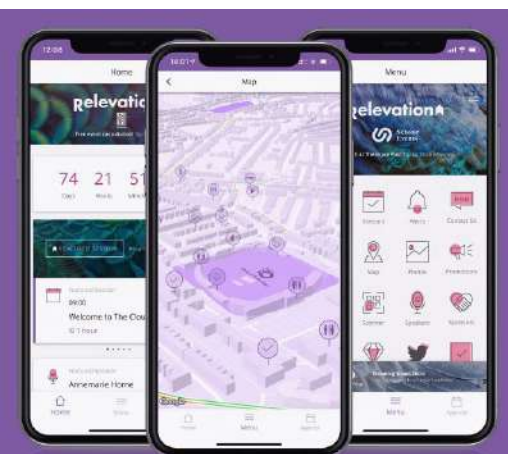
All the above Events and Workshops integrated and hosted via the App (Including additional functionality).

- Online staff & tenant home workouts with a professional fitness trainer
- Cooking classes with nutritional information
- Mental health workshops
- Pampering tutorials
- Online Staff & Tenant Game Nights

Examples of additional functionality ideas (*updated weekly*):

- Physical exercise/stretching tips & tricks - home workout programs
- Mental health tips & tricks and resources
- Ideas on how to keep the kids busy during lockdown
- Activities for the family on a budget
- COVID-19 hotline numbers and updated information
- Booking system for online workshops

This app can be setup for reverse billing.





THANK YOU

www.revelafrica.co.za