

WORKPLACE WELLNESS

- > BONDING EVENTS
- > 12 WEEK PROGRAMS

We believe in a wholistic approach to well-being. By providing people, businesses and our community with the opportunity to better their mental and physical health through exercise and sociability.





Q. What are people needing/ lacking the most from daily life?

A. **Accountability and commitment to exercise.**

Q. What are people are people struggling with?

A. **Workloads, work-life balance and routines.**

Q. How do we engage, raise moral, move forward?

A. **Offer people something they want/ need. Physical interaction , emotional connection, consistency and education.**

Q. Does your business want to improve it's culture, have happier, more productive and retain employees?

A. **YES.**

ABOUT

THE 'WHY' - LET'S SOLVE A PROBLEM

Research shows that companies that invest in their people

- > improves workplace culture
- > increases productivity and engagement
- > rebuilds and strengthens relationships
- > reduces personal leave costs
- > improves employee retention

These last several years, we all have had to change the way we conduct business, the way we think and communicate. Working from home, being physically away from colleagues and becoming somewhat isolated, secluded and detached.

Reconnecting, re-engaging, bringing your workplace team back together has never been so important - and not to mention it has also been very challenging.

Culture and people are now at the forefront of many employers minds. The need for support, someone who can make the these social sessions happen consistently. To enable the rebuilding of trust and friendships amongst team mates, to help create an emotionally healthier and productive work environment and culture.

Coach Kristen from Team McLean Fitness Club enables this, through our inclusive health and fitness team bonding wellness sessions and programs; for all ages, abilities and fitness levels.

[For more information, see our BLOG:](#)

[How and why we need to implement a healthy workplace culture.](#)



ABOUT

THE 'HOW' - OUR SOLUTION

What ever the activity or the message is – it needs to be consistent and have open communication. There is no point if is only once or twice a year. Consistency will embed the feeling of being valued and enable it to become a culture.

We prescribe a monthly or quarterly team bonding wellness sessions or the 12 week program regimes and challenges!

This can include :

- > Strong or sweat sessions - circuits, boxing and HIIT
- > 'Silent disco' style headphones fitness circuits
- > Mat Pilates, stretching and core stability exercises
- > Stress relief and mindful meditation - guided breathing
- > Hiking day trips or walking sessions
- > Activities, challenges and competitions
- > Fitness session then socialising with food and drinks
- > Weekend retreats, incorporating Yoga, Naturopathy, massage, cooking classes and more!



Any place

Our events can take place in any location worldwide!



Any time

You can choose a day and time that suits you.



Any number of people

We can accommodate an unlimited amount.



Sit back and relax

We will take care of everything for you!



Choose one of our pre-planned packages below with the option of tailoring it to suit your business needs.

TEAM ENGAGEMENT

- > Monthly Team Bonding events
 - > Monthly email including workout videos and recipes
- \$ POA

TEAM ACCOUNTABILITY

- > Quarterly Team Bonding events
 - > Monthly email including workout videos and recipes
 - > Monthly fitness challenges
 - > Quarterly Webinar / Presentations
- \$ POA

TEAM CONSISTENCY

- > Quarterly Team Bonding events
 - > Monthly email including workout videos and recipes
 - > Monthly fitness challenge
 - > Weekly 50min health and fitness sessions
- \$ POA

TEAM SOIREE

- > One off Team Bonding social occasion
 - Christmas/in July, business birthday, celebrations
- \$ POA



ABOUT COACH KRISTEN

For over 15 years Coach Kristen has successfully enabled many clients in reaching their health and fitness goals.

With vast experience in large commercial gyms, large corporate fitness, smaller groups and 1:1 clients - our supportive and inclusive Coach has had guided many people to become happier, physically fitter and mentally healthier, losing body fat, gaining lean muscle - all the while having heaps of fun!

ABOUT

THE 'WHO' - TEAM MCLEAN FITNESS CLUB

- > We are a safe space where everyone can be a part of a supportive, friendly and social fitness community.
- > We are committed to all things wellness, mental and physical health and believe in balance.
- > We understand and celebrate all bodies, create a personalised plan and work with your uniqueness as no-body is the same!
- > We believe it's important to learn and take action, give confidence and be challenged.
- > We pride ourselves in and create a unique fitness experience by educating people fitness and nutrition foundations and enabling everyone to live a balanced and healthy lifestyle.
- > We offer personal training, small group classes, workplace health programs and team bonding wellness sessions.

If you are interested in booking your team bonding, social wellness events or ongoing programs; simply contact us and let's chat.

hello@teammcleanfitness.com.au 0421 551 115



Looking forward to it!



COACH
Kristen