

Looking for a Wellness Day Program?

Half day program: From Burnout to Breakthrough

A focused half-day wellness experience designed to help employees recognise burnout, manage stress effectively, and build sustainable work habits for long-term well-being and performance.

Time

09:00am - 10:30am

Mental Health
Screening Booth

Activity

- Quick, confidential psychological screening
- Individual brief insights and wellness guidance

10:30am - 11:30am

Mental Health Talk

From Burnout to Breakthrough – Understanding Burnout Signs & Building Sustainable Work Habits

- Recognising Burnout Early
- How Burnout Impacts Performance & Well-being
- Practical Strategies for Sustainable Work Habits
- Building Personal Resilience & Emotional Strength

11:30am - 1:00pm

Experiential Wellness
Workshop

Aromatherapy DIY – Essential Oil Inhaler Workshop

- Understanding Aromatherapy & Emotional Regulation
- Choosing the Right Essential Oils
- Hands-on DIY Essential Oil Inhaler Creation
- Daily Self-Care Application

Full Day Program: Growth, Resilience & Mindful Performance

An immersive full-day wellness journey that cultivates growth mindset, emotional resilience, creativity, and mindfulness to enhance engagement, adaptability, and sustainable performance at work.

Time

09:00am - 10:30am

Mental Health
Screening Booth

Activity

- Quick, confidential psychological screening
- Individual brief insights and wellness guidance

11:30am - 12:30pm

Mental Health Talk

Growth Mindset at Work – Learning How to Reframe Failures & Setbacks

- Fixed vs Growth Mindset
- Reframing Failure & Setbacks
- Building Emotional Resilience at Work
- Practical Growth Tools for Daily Work

2:00pm - 3:00pm

Experiential Wellness
Workshop

Totebag Painting – Creative Expression & Emotional Release

- Art as Emotional Expression
- Self-Expression through Colours & Symbols
- Hands-on Creative Session
- Reflection & Meaning-Making

3:30pm - 5:00pm

Experiential Wellness
Workshop

Matcha & Mindfulness – Slow Living, Focus & Emotional Reset

- Introduction to Mindfulness & Slow Living
- Mindful Matcha Preparation Ritual
- Guided Mindfulness Practice
- Daily Mindfulness Integration

[Download Program Schedule](#)