



UPBEAAT

Discover, heal, Recreate

PRESENTS

Calorie Capsule Workshop | Expressive Art Workshop



Elevate Your "SELF": Expressive Therapy and Nutrition

Transform your corporate wellness strategy with a synergistic blend of expressive therapy and balanced nutrition. Cultivate a healthier, more engaged workforce, driving enhanced productivity and a vibrant company culture.



Expressive Therapy: Unleashing Potential



Encourages Self-Expression

Provides a safe space for employees to explore emotions, reducing stress and fostering emotional resilience.



Boosts Creativity

Activities like art enhance innovation and problem-solving skills, leading to a more dynamic and creative workplace.



Strengthens Teamwork

Shared creative experiences build connections and foster collaboration, promoting workplace harmony and a stronger sense of community.



Holistic Wellness: A Synergistic Approach



Expressive Therapy

Encourages emotional expression and builds resilience.

Nutritional Balance

Personalized diet for sustained energy and focus.

Boosted Productivity

Enhances mental clarity, creativity, and efficiency.



The **ROLE** of Corporate Wellness Programs for each employee

1 Health & Productivity

Reduce stress, improve focus, and boost energy levels.

2 Company Culture

Foster teamwork and a supportive work environment.

3 Financial Benefits

Lower absenteeism and boost overall employee engagement.





Expressive Therapy: Unleashing Potential



Encourages Self-
Expression: Reduces
stress & enhances
emotional resilience.



Boosts Creativity:
Enhances innovation
& problem-solving
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Strengthens
Teamwork: Promotes
collaboration &
workplace harmony.



Nutrition's Role: The Calorie Capsule Concept

1

Optimized Nutrition

Personalized diet plans for sustained energy throughout the day.

2

Hands-on Learning

Meal prep workshops teaching simple, healthy eating habits.

3

Culinary Innovation

Nutritious recipes designed to enhance workplace performance.



Implementation: A Balanced Wellness Strategy



Merging creative expression with mindful eating. This reduces anxiety & enhances motivation. Encourages sustainable health & wellness strategies.



Transforming Your Corporate Culture

1

Employee Buy-in

Engage employees with personalized wellness plans.

2

Integrated Programs

Combine therapy & nutrition for best results.

3

Sustainable Habits

Encourage long-term lifestyle changes.





Key Takeaways & Next Steps

Holistic Wellness

Integrate expressive therapy & nutrition for maximum impact.

Employee Empowerment

Provide personalized plans for sustained well-being.

Cultural Shift

Foster a supportive & engaged workplace community.

Ready to elevate your corporate wellness program? **Start with a comprehensive assessment of your employees' needs and tailor your approach for lasting success.**

