

Wellness initiatives & activities

THE
PROFIT
Club

To inspire you, here are some initiatives that we can help you put into place

- 30-Day Workplace Wellness Challenge
- Employee Wellness Day
- Calendar/program of various activities for employees: physical activity and relaxation classes, lunch and learns, coffee breaks, interactive workshops, etc.
- Wine tasting workshop: friendly, warm and unpretentious tasting experience (ideal for Team Building)
- Mental health diagnosis and action plan; Risk factor assessment
- Mental health campaign; Mental health promotion/awareness workshops
- Fresh fruits for your office
- Gift baskets for employees (in the office or at home)
- Creation/revision of menus; Review of products available in vending machines
- Culinary workshops
- Interactive workshops to better understand the communication styles and preferences of team members with DYNAMIX tools (ideal for Team Building)
- Introductory mindfulness meditation Course
- Discovering laughter yoga!
- Individual consultations with a psychologist, an occupational therapist, a nutritionist, etc.

We take care of everything: strategy, development, organization, action plan, management, coordination of activities, etc.

And much more! Contact us for an exploratory meeting!



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