

A Dose of Wellness

Torque

Nurturing Healthier Habits in Our Employees



Imagine a workplace where employees' well-being is not just a concept but a vibrant reality. Picture a scenario where positive change is not just a theory but a practical, everyday occurrence. This is the essence of our mission, and we achieve it through our unique Wellness Programme at Torque.



Why did the wellness coach bring a ladder to the habit-changing seminar?

Because we're all about elevating individuals to new heights in developing better habits!

Our approach reaches beyond health, culinary choices, and financial well-being because we believe in a holistic transformation. It's to enrich every facet of your life – from your well-being to personal growth, relationships, and career. With this wider perspective, we empower you to make better choices and achieve overall wellness.

These positive behaviours naturally take root, forming the bedrock of improved decision-making and overall wellness. But here's the real 'step up' in our approach: we empower individuals to create systems in their lives. These systems are the blueprints for healthier habits, perfectly aligned with their personal goals.

With our Wellness Pack, you gain access to a wealth of curated content that covers three key phases of well-being and personal growth:



Tiny Habits (Months 1-4):

Start small, anchor habits like a pro, and watch tiny steps create mega transformations.



Atomic Habits (Months 5-8):

Jump into bite-sized changes, crafting habits as easy as a microwave dinner, and become the master of productivity and growth.



Nudge (Months 9-12):

Set defaults like a boss, follow signs to wiser choices, and nudge your way to a better, healthier you.

Our wellness programme handles all the nitty-gritty, so you can focus on being the best version of YOU. Every month, we serve up your content with a full toolbox to captivate your team entirely.

Here's what you can expect in your Monthly pack:

- 8 emails to dish out the wisdom
- 2 friendly nudges to keep you on track
- 4 cool artifacts for each learning block
- Fun infographics to decode the theory
- Worksheets to reflect and track wins
- Spice it up with monthly polls



No need to start from scratch with wellness. Leverage our expertise to tailor your unique wellness journey, ready for your team to embrace today! Let's have a quick chat about your needs and team size to determine the best match and fit for your wallet.

Are you ready to jumpstart your path to a healthier workforce?

Pop me an email now, and let's make wellness waves!

P.S. We've got packs on other themes too: diversity, financial flair, and burnout – something for everyone!

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