



# Corporate Wellness Program Proposal



# Corporate Wellness – Why ?

According to a survey by Meed, **68% of employers** said their workforce is under stress

- of their workload;
- pressure having a healthy work-life balance;
- a stressful office environment as well as
- concerns about job security.



Dissatisfied employees take on average

- **15 more sick days** of leave per year.
- **33% of employees leave jobs purely due to stress** and,
- it costs between **35-70% of an employee's salary** to replace them.

*Corporate wellness used to be considered a luxury.  
Now it is a necessity. You cannot afford not to.*

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# Corporate Wellness – What ?

## Topics Included in Program:

- Developing healthy habits
- Mindful Stress Management
- Nutrition
- Workplace wellness



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# Developing Healthy Habits

**Objective :** To identify bad habits and give tools to identify and replace them with healthy alternatives

**Format:** pre session reading,  
workshop with self assessment questionnaires,  
group discussion and  
healthy habit tracker

**Resources:** 20 person room, presentation screen

**Participants :** 20 per session



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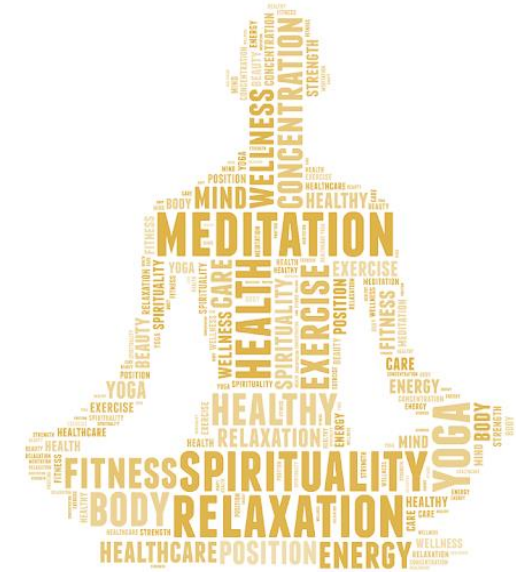
# Mindful Stress Management

**Objective :** To identify stressors and coping tools

**Format:** pre session reading,  
workshop with self assessment,  
group discussion and  
Effective communication  
app based self management

**Resources:** 20 person room, presentation screen

**Participants :** up to 20 per session



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# Nutrition

**Objective :** To identify how food affects performance

**Format:** workshop with self assessment,  
identifying health goals,  
group discussion and  
the essential steps of developing a healthy eating pattern

**Resources:** 20 person room, presentation screen

**Participants :** up to 20 per session



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# Workplace Wellness

**Objective :** To prevent work place passive physical and mental problems

**Format:** Identifying workplace risks,  
risk rating,  
healthy movement ,  
time management  
healthy activities ,  
risk reduction – questionnaires,  
group discussion

**Resources:** 20 person room, presentation screen

**Participants :** up to 20 per session





# Case Study – MOHAP

## Health and Prevention campaign for 60 employees.

- Benefits of walking, stretching and physical activities they can practice during and after work and how this affect them physically and mentally.
- Side effects of sitting for long periods of time and how this affects productivity, physical and mental awareness.
- Physical exercise and stretching MOH employees which they can do during work hours at the office premises.
- Implemented Nutritional education programs.
- Access to technology led applications for individual well-being.





# Where have I done this before



وزارة الصحة ووقاية المجتمع  
MINISTRY OF HEALTH & PREVENTION

60 employees



200 participants

البرنامج الوطني  
للسعادة وجودة الحياة  
National Program for  
Happiness & Wellbeing



1200 executives from Dubai Government.



**JUBAILI BROS**

100 employees



اليوم الرياضي الوطني  
الإمارات العربية المتحدة  
UAE NATIONAL SPORTS DAY

100 employees



200 employees



# Contact Details

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