



Dr. **Victoria
Katasi**

THE WELL-BEING *Experience* EXPERIENCE

WITH DR. VICTORIA KATASI



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*You are worth it!
Unlock your
peak potential*

*Introducing our Exclusive
Employee Holistic Wellness
Program for Corporate organizations*

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This is a transformative experience consisting of a comprehensive package of wellness activities strategically spread throughout the year. The goal of this program is to enable corporate organizations foster a workplace culture of wellness.

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What sets this program apart?

is the expertise with which it's been crafted and our on-going commitment to your organization's ability to thrive. The program consists of a 3-step framework which focuses on wellness optimization for your employees thus driving your organization's productivity. The program is led by highly trained medical personnel who has scientific knowledge in the areas of nutrition, mental health, and movement plus additional training in wellness and a team of highly experienced fitness trainers. It focuses not only on momentary rejuvenation but on instilling lasting wellness habits for sustained peak performance.

UNLOCK
YOU are
YOUR PEAK
POTENTIAL
Worth It!



Who is this program for?

This program is suited for growth-oriented corporate companies, who are looking to attain maximum productivity and scale the heights of success, while creating a climate conducive for thriving for their employees. It moves each one to grow holistically in their well-being through long lasting habit formation.

Why choose our program?

Because we understand that employee wellness is vital for your bottom line.

1. Holistic wellness approach- mind, body, and team synergy, we address it all.
2. Continuous support: Continuous wellness activities keep you connected to your wellnessgoals.
3. Cyclical approach: Continual assessment while implementing to attain the desired results.
4. Tailored for corporate excellence: Boost team cohesion, productivity, and individual wellbeing.

As a leading and high performing corporate organization, a suitable wellness culture is a right and responsibility, for you. Don't settle for less than you are worth, invest in your dreams. Elevate your corporate culture with our Employee Wellness Program.



Step 1: The Core

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Tag Line – Be intentional about your organization's growth. Merge purpose with performance.

“The ground work for the success of your organization is the well-being of your employees.”

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This step involves initial assessment of your organization's workplace culture.

It is geared towards creating awareness at both the organizational and individual level about the current wellness behaviors.

It includes engagement with the organization leaders to create buy-in for the wellness initiatives, assembling of a wellness committee to spear head the process and individual self-administered assessments for the employees in the 8 dimensions of holistic wellness.



Step 2: Create

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Creating a customized wellness program for your organization.

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Great health is the foundation of your employees' performance and achievements.

This step involves implementation of a customized wellness program for your organization.

The activities will include one on one wellness consultations with a coach, physical workout sessions with a fitness trainer, different wellness changes and physical wellness workshops with the coach.

The workshop topics are diverse and include avoiding burnout and creating work-life balance, managing work-related stress, resilience and building life boundaries, healthy eating and meal planning, physical exercise and its benefits, sleep hygiene, finances and investing among, clarifying one's life purpose others.



Our solution focuses on all the 8 dimensions of wellness.

    _____ @drvictoriakatasi



Step 3-Re-vamp

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Tag Line- Witness the birth of a holistic wellness culture in your organization.

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This step is where you experience visible results from the implementation of the wellness program both at an organizational and individual level. Throughout the implementation, we conduct assessment of the outcome of the wellness initiatives to ensure that the results are long-lasting.

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INDIVIDUAL CORPORATE WORKSHOPS

These are **interactive sessions** and can be offered physically to groups of people or corporate companies.

Workplace wellness and avoiding workplace burnout.

Building resilience and establishing

Boundaries in the workplace

Stress management techniques

Healthy eating and meal planning

Clarifying your life purpose

Mental fitness and relaxation techniques

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Call To Action:

*Seize the opportunity to thrive,
excel and re-define success for
your organization.*

Payment options:

Individual corporate half-day workshops:
150usds/person up to 30 people per workshop.

Comprehensive wellness program-
700usds/person/year and a bonus free individual
wellness consultation for @ employee

If you are convinced this well-being experience is for your organization,
sign up now for this employee wellness program.

Elevate your organization and achieve your goals.

Sign up now!

In case of any questions,
or if you would like to know more
about the wellness program,
please contact us at!

Contact Us

Phone no.: +256774288916

Email: princess.katasi@gmail.com