



BUSINESS WITH SOUL

ALIGN YOUR BUSINESS WITH VITALITY,
STRENGTH AND LONGEVITY

BE INSPIRED
BE PRODUCTIVE
BE SUSTAINABLE
BE AMONGST THE LEADING BUSINESSES OF NOW

THIS PACK INCLUDES THE INGREDIENTS FOR A VITAL, ALIVE
CORPORATE ENVIRONMENT, INCLUDING WORKPLACE,
PEOPLE AND ETHOS.

TAILORED TO YOUR BUSINESS, WE PROVIDE PACKAGES FROM
SMALL HOME BASED BUSINESSES TO LARGE CORPORATIONS,
CARING FOR YOUR PEOPLE AND YOUR PLACE.

WORKPLACE WELLNESS IS ABOUT BUILDING PRODUCTIVITY
AND SUSTAINABILITY THROUGH INVESTMENT IN YOUR
PEOPLE AND YOUR SYSTEMS.

SOUL CENTRE WWW.SOULCENTRE.CO.NZ
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SOUL BUSINESS WORKS IN COLLABORATION WITH THE DEPARTMENT OF LABOUR, OSH, THE SUSTAINABLE BUSINESS NETWORK AND YOUR BUSINESS TO PROVIDE A WELLNESS SERVICE THAT STARTS FROM ASSESSMENT THROUGH TO SOLUTIONS, IMPLEMENTATION AND RESULTS MEASUREMENT.

“SOME OF THE BENEFITS INCLUDE INCREASED EMPLOYEE MORALE, LOWER ABSENTEEISM AND REDUCED HEALTH-CARE COSTS. IN GENERAL, THE AVERAGE RETURN ON INVESTMENT IS \$3.50 FOR EVERY \$1 INVESTED IN A WELLNESS PROGRAM.”



SOUL BUSINESS PROVIDES SOLUTIONS – WHETHER IT IS A REWARDING MESSAGE FOR YOUR LEADING EMPLOYEES OR A WHOLE SYSTEM OF CHANGE FOR A LARGE CORPORATION – SOUL PROVIDES A WAY TO IMPLEMENT STRATEGIES THAT ARE SPECIFIC TO YOU AND THAT MAKE A DIFFERENCE

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BUSINESS REVITALISATION MENU

INITIAL ASSESSMENTS

OVERALL BUSINESS ASSESSMENT AND GOAL SETTING
WORKPLACE AND WORKSTATION OSH ASSESSMENTS*
INDIVIDUAL STAFF ASSESSMENTS
ENVIRONMENTAL ASSESSMENTS

SOLUTIONS

MASSAGE, CRANIO-SACRAL THERAPY, NATROPATHY,
POSTURAL ANALYSIS AND RETRAINING
IDENTIFYING AND TREATING AREAS OF TENSION – OOS
STRESS AND FATIGUE MANAGEMENT
GROUP OR ONE ON ONE CLASSES (PILATES, YOGA,
MEDITATION, SOMATICS, CHI KUNG, TAI CHI)
LECTURES AND DEMONSTRATIONS
STAFF TRAINING
WORKPLACE ENVIRONMENTAL SOLUTIONS

MEASUREMENTS

MEASURES WHICH:
REFLECT THE GOALS OF YOUR BUSINESS
ARE CRITICAL TO ITS SUCCESS
ARE MEASURABLE AND COMPARABLE
REFLECT SOFT MEASURES AS WELL AS LOOKING AFTER THE
BOTTOM-LINE.



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“Typing and clicking a mouse on my computer all day is the nature of the work I do. I’ve suffered from a sore wrist because of it for ages. However, receiving a weekly massage from you seems to have completely alleviated my RSI symptoms. I now have no pain in my wrist thanks to your weekly treatments! In fact I haven’t even thought about it for weeks – the pain has vanished! You’re amazing!” – Chris Beckett – Engineer - Traffic Planning consultant.

Wilhemeena’s work and studio SOUL are offering New Zealander’s a vital center for somatic (body-mind integration) knowledge that exists nowhere else in New Zealand. Somatics are an essential part of life training, offering us tools for health and wellbeing at every level. Wilhemeena’s dedication to spreading this knowledge is the key to her passionate teaching, bodywork practice and business of running SOUL.” Olive Beiringa – The Body Cartography Project (USA)

“Wilhemeena is one of the top somatic practitioners in New Zealand and someone at the forefront of combining somatics with business practice. Her work as a somatic practitioner, and teacher contributes significantly to the development of this industry” - Brenton Surgenor: Senior Lecturer-Hong Kong Academy of Performing Arts, Senior Tutor-University of Auckland, Tutor- New Zealand School of Dance

AT SOUL OUR TRAINERS AND EDUCATORS ARE AMONGST THE BEST IN NEW ZEALAND.

FOR A FULL NO OBLIGATION QUOTE TAILORED TO YOUR BUSINESS AND YOUR WELLNESS NEEDS CONTACT WILHEMEENA AT SOUL CENTRE

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