WELLBALANCED COLLECTIVE

The Wellness Credit Strategy

A wellness solution cultivating real human connection, led by real people, to reconnect your team.

In a world of digital work and generic apps, we provide a live-led human "anchor." We bridge the connection gap for teams of 50–250, utilizing Carrier Wellness Credits for a net-zero employer cost.

THE CORE PROGRAM

- **Reset & Refocus:** One live meditation per week. Sessions are proven to decompress, reduce stress, and improve focus.
- **Community Challenges**: 4x Interactive habit-building "sprints" to spark team bonding. We provide internal promotion kits and active digital support to cheer on your team. (Includes a $500 annual prize fund).
- **Performance Workshops:** 2x One-hour interactive deep-dives led by expert Mindset and Life Coaches focused on burnout prevention, boundaries, and team resilience.
- **Strategic Advisory**: A 30-minute quarterly HR sync to collaborate and confirm upcoming themes and plan the next community challenge.

THE ADVANTAGE

- **Zero Tech Fatigue:** No apps or logins. We meet your team online via Google Meet/Zoom.
- **Human-Led Engagement:** We build trust by being an active, "real person" presence for your employees.
- **Seamless Verification:** We provide the service validation required by carriers to secure wellness credit funding.
- **Strategic ROI:** A flat $10,000 annual investment that turns a standard insurance benefit into a powerful retention tool.

PROGRAM ADD ONS

- **Vitality Sessions:** Expand your program with monthly live-guided movement sessions led by the Sun Lotus Yoga.

READY TO RECONNECT YOUR TEAM?

WellBalanced Collective | Prioritizing humanity in a digital world. Paloma Castro, Founder

info@WellBalancedCollective.com WellBalancedCollective.com