



VITALIS

From surviving
to thriving



**Is your company funding wellbeing initiatives
but employees are still burning out?**

**Something does not add up,
and it's not just your budget!**

87%

**of employees experience chronic stress
or symptoms of burnout***

**1 in 5 days of work is
lost due to mental
health struggles***

**65% of employees
state that better
wellbeing support would
have a positive
impact on their loyalty***

**THIS IS ALREADY A HUGE COST
FOR YOUR COMPANY!**



*Click the text to find out more



Employee Challenges go far beyond stress

- Growing numbers of employees struggle with low mood, anxiety, and depression
- Engagement, creativity and a sense of purpose at work are declining
- HR departments are constrained in delivering comprehensive mental health support
- Health issues are ignored - until they result in sick leave, turnover, or resignation

These are **not just personal problems** – they're systemic, organizational issues.



Why most wellbeing initiatives fail

Good intentions. Limited results.

- **Generic, one-size-fits-all programmes**
- **No real understanding of employees' needs**
- **Fragmentation - lack of consistent structure**
- **Low awareness and weak communication**
- **Incentives that don't motivate**
- **Leadership not inspiring change**

Low engagement. No measurable impact. Budget wasted.

OUR SOLUTION:

VITALIS 360° PROGRAMME



Tailored to your **company's needs** based on audit

We replace one-size-fits-all solution with tailored, root-cause programmes that improve:

WELLBEING

RELATIONSHIPS

PERFORMANCE AT WORK

**powered by
360° access to elite holistic experts.**

From generic benefits → to measurable transformation.



Tailored 360° partnership process: From Diagnosis to implementation.

1

AUDIT AND DIAGNOSIS

We conduct and audit with the Board and employees to understand the unique needs of your organization

2

CUSTOMIZING THE OFFER

We design a dedicated programmes, assign experts and holistic specialists based on your company's needs and budget

3

FLEXIBLE IMPLEMENTATION

We deliver sessions and events wherever it's most convenient: in the office, online, hybrid, or during team integration retreats

VITALIS 360° PROGRAMME

is available in two tailored pathways:

FUNDAMENTAL

- **Strategic Education (Webinars & Workshops)**
- **Regular Group Practices & Live Classes**
- **Newsletter for motivation and education**

GROWTH

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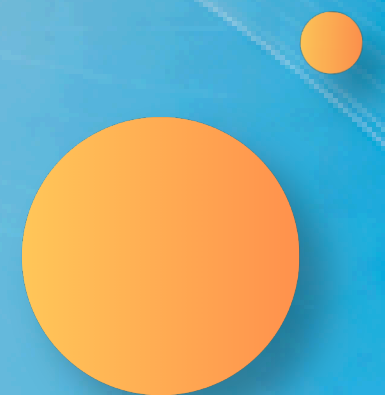
- **Wellbeing Special Events / Experiences**
- **1:1 Individual Support / Coaching for Teams**

1. Strategic Education (Webinars & Workshops)

onsite and online

- Practical everyday tools, not just boring theory
- Customisation and scheduling based on your organization's needs (audit)
- Topic selection (wellbeing calendar attached)
- Themed sessions aligned with global awareness days

We transform knowledge into real change - delivering tools and raising awareness to create lasting habits, strengthening both people and the organisation as a whole.

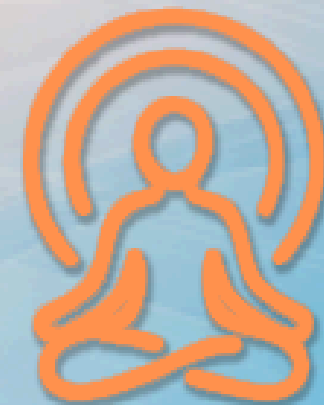


2. Regular Group Practices & Live Classes

FUNDAMENTAL



- stretching
- holistic gymnastics
- pilates
- strenght training
- healthy spine
- neuroyoga
- yoga (hatha/yin/nidra)
- group meditations
- mindfulness
- musical relaxation sessions
- choreo and art therapy



Bringing more **health to employees** based
on your **company's needs**

FUNDAMENTAL

3. Newsletter

In order to remind you of wellbeing initiatives and motivate employees to use them - **we send you a monthly newsletter filled with**

motivation

knowledge

inspiration

holistic approach

to life, work and habits.



Expand

Fundamental



Growth

And Gain:

Measurable more indepth change through:

1:1 SUPPORT

EXPERT-LED INTERVENTIONS

IMMERSIVE EXPERIENCES AND DAYS

SPECIALISED TRAININGS

that translate wellbeing into performance, retention, and resilience.

1. Individual Support - 1:1 Sessions

available in packages

GROWTH



- **Nutrition and Psychonutrition**
- **Coaching**
(habit-change, talents, communication, burnout prevention, woman's cycle)
- **Physiotherapy and Osteopathy**
- **Psychology and Psychotherapy**
- **Crisis Support Sessions**
- **Acupuncture and Chinese Medicine**
- **Yoga, Neuro-yoga, Stretching, Self-massage**
- **Personal Training, Pilates**
- **Emotional Freedom Technique (tapping)**
- **Bodywork and massages**
(eg. kobido, calma, polinesian, lomi-lomi, classical massage)



Just 5 sessions already lead to a tangible reduction in stress, as well as noticeable improvements in health and overall effectiveness.

2. Wellbeing experiences

GROWTH



Wellbeing Sessions (Office massage / Acupuncture / Physiotherapy)

Health Diagnostics Day – employees receive quick, individual health assessments from specialists eg. physiotherapists, naturopaths, trainers

Movement Day – a curated schedule of movement and relaxation sessions that employees can choose from

(e.g., yoga, strength training, Pilates, meditation, Qi-gong)

Vitality Day – a more immersive wellbeing experience combining movement (dance, qi gong, yoga), relaxation (sound bath), and healthy snacks.

Specialised trainings for managers and teams (eg. talent based teams, communication, integration)

Holistic events and retreats (onsite/offsite)

VITALIS 360° PROGRAMME

Choose your plan for **3/6/9** months

9

9 MONTHS TRANSFORMATION

- 9x workshops/webinars
- 36 x live classes
- motivational newsletter

6

6 MONTHS HABBIT BUILDING

- 6x workshops/webinars
- 24 x live classes
- motivational newsletter

3

3 MONTHS BASIC SUPPORT

- 3x workshops/webinars
- 12 x live classes
- motivational newsletter

EXPAND each option **INTO GROWTH** with:

- **Wellbeing Special Events / Experiences**
- **1:1 Individual Support / Coaching for Teams**

Why do we recommend 360° delivered in a 3/6/9 months?

We don't offer benefits. We build systems that work.

Healthier environments → boosted performance, better communication and cooperation

Ongoing care and support → Better health and lower stress levels

Real problem diagnosis → focus on implementation, not just education

Longer cooperation → better results overtime and lower costs

Instead of misaligned education → inspirational practice through time

**BECAUSE LASTING ORGANISATIONAL AND CULTURAL CHANGE
DOESNT HAPPEN OVERTNIGHT!**

Measurable **BENEFITS** for your organization:



HIGHER ENGAGEMENT AND PRODUCTIVITY

Motivated teams achieve better results with better habits

REDUCING TURNOVER AND BETTER ROI

Loyal employees and lower recruitment costs



STRONGER EMPLOYER BRANDING

Attracting and retaining the best talents

BETTER TEAM COLLABORATION

Improving communication and the work atmosphere



IMPROVING CREATIVITY AND PSYCHOLOGICAL SAFETY

Teams that know their strengths and trust each other -
create innovative solutions



Why choose us?

360° access to elite holistic experts

Our specialists combine years of clinical experience with a multidimensional approach (medical knowledge / neuroscience / bodywork / natural and ancient medicines / psychology etc.)

We address the *root causes* of stress and health issues

(as well as burnout, depression and disengagement) not just the symptoms that most programmes try to mask

Tailored, ongoing process - not one-off solutions

that complements modern medicine and employee benefits, addressing deeper, root-cause challenges



Our Board



Jagoda Białek (Move to LOVE) is a mentor, bodyworker, massage therapist, personal trainer, yin yoga, choreo & art therapy instructor. She blends ancient wisdom with neuroscience and habit change practices. Worked in medical settings since 2016, a wellbeing provider since 2022. She supports people in restoring balance, inner transformation, gaining body awareness and following their calling.



Monika Pokorska. With 12+ years in corporate administration and events, Monika designs effective wellbeing strategies for companies. A certified choreotherapy and art therapy instructor, she combines expertise with a passion for health and creativity, bringing insight and commitment to fostering healthy workplace habits.



Sebastian Janicki is a multidisciplinary audiovisual artist who facilitates intuitive dance sessions supporting emotional and mental wellbeing. He also brings expertise in Chinese medicine and acupuncture, integrating the healing frequencies of his instruments into his work. His background in audiovisual arts and marketing helps communicate the value of wellbeing programmes with clarity and impact.

How to **contact us?**



**We are pleased to customize
the offer according to your
requirements and budget!
CONTACT US TO GET STARTED**

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www.vitaliswellbeing.com**



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ATTACHMENT 1:

WELLBEING WEBINARS CALENDAR MARCH - DECEMBER 2026



15.03 - World Sleep Day

“Sleep, Recovery and Nervous System Regulation: The Missing Link to Performance”

11.05 - World Movement Day

“The Science of Calm: NeuroYoga strategies to help regulate the nervous system during high-pressure days”

22.07 - World Brain Day

“Brain Longevity and Focus: Daily rituals that prevent degeneration and promote a clear mind”

14.09 - Burnout Awareness Day

“Preventing Depression and Burnout: Master your stress before a crisis”

November - Movember

“Men’s Mental Health: Breaking the Silence and Building Resilience”

07.04 - World Health Day

“Psychonutrition Essentials: How to build a flexible, healthy diet - and enjoy dessert without guilt”

07.06 - World Healthy Eating Day

“Mastering Your Mental Diet: Beliefs that sabotage healthy eating”

15.08 - International Relaxation Day

“Deep Rest: Why Doing Nothing is Essential for Productivity and Health”

October - Pinktober

“Women’s Cyclicity in Nutrition, Work, and Daily Life”

December - Family Relationships Month

“Psychological Safety and Healthy Communication in Relationships”

ATTACHMENT 2:

SAMPLE WEBINAR TOPICS

Extra example topics for 1,5h webinars:

“The Leader of Tomorrow: Developing soft skills in a demanding business environment”

“Living in Alignment with Seasonal Cycles (TCM) to Cultivate Natural Vitality and Creativity”

“Digital Detox Blueprint: Reclaiming Mental Clarity in a Hyperconnected World”

“Unlock Your Potential: How your mindset shapes success”

“Strengths & Talent-Based Teams: A strategy that boosts performance and natural engagement”

“Stress Reset: Practical Nervous System Tools for Emotional Self-Regulation”

“Deep Focus Architecture: Systems for Sustainable Productivity and Cognitive Performance”

