



JUNE 2023

# CORPORATE WELLBEING



WAITAKERE HEALTH HUB

[www.waitakerehealthhub.co.nz](http://www.waitakerehealthhub.co.nz)

[www.studiowaitakere.co.nz](http://www.studiowaitakere.co.nz)



# GREETINGS !

If you are looking for a viable way to turn health into an asset for your company we provide real and practical solutions.

If you understand the value of providing your staff with the right tools for optimum wellbeing, and increased performance and resilience. Then you already know the relationship between health, productivity and profitability.

We at Waitākere Health Hub have everything you might need for your corporate wellbeing programme.

We help Auckland businesses to value, appreciate and look after their staff.

We can work with you to make a bespoke package that meets your staffs' needs and fits into your budget.

# HOW WE CAN HELP

Did you know that investing in your staffs' health and wellbeing increases job satisfaction and commitment, decreases chances of burnout and increases productivity?

Studies have shown that regular Yoga in the workplace decreased perceived stress and increased wellbeing and resilience. Pilates in the workplace increased lower limb and abdominal strength, therefore decreasing the chance of workplace injury. Mindfulness meditation and breath-work can decrease anxiety and stress in the workplace. Decreasing your staffs' stress levels not only increases productivity with a clear head, but also decreases the chance of burnout and stress related illnesses.

We can provide tailored sessions to benefit your work, your team and their needs. Whether that be health and safety for more efficient lifting, or postural alignment for desk work.

The focus can be on posture, stretching the limbs, or breath work for stress relief. We will work with you, and your team, on your work place wellness goals.

Benefits of a corporate wellbeing programme are -  
Kotahitanga (team building), foster good relationships, decrease absenteeism, attract and retain talent, decrease staff turnover, decrease stress and increase productivity, promote wellbeing, aid weight loss, decrease blood pressure and improve sleep.

ALL THINGS THAT INCREASE PRODUCTIVITY FOR YOUR BUSINESS

**INVEST IN YOUR BUSINESS  
BY INVESTING IN YOUR STAFF**

# OUR OFFERINGS



## PILATES

Pilates strengthens, stabilises and lengthens your body's spine, joints and muscles, with a focus on core stability, increasing mobility, improving posture, coordination and endurance.

Specialised props are utilised to deepen practise intensity, including soft weights, stability balls, resistance bands and more.



## YOGA

Yoga is a mind and body practice that uses breath with physical movement to postures (asana's). Designed to stretch, exercise and tone the muscles and joints. Yoga works not only on the bodies frame but internal organs, glands and nerves, keeping the whole body radiant. Additionally the yogic breathing relaxes the mind and soul.



## MINDFULNESS

Productive mantras that decrease stress and increase mental clarity and oxygenation. We have meditations, breathwork, and tai chi.

All of these will settle your team into the right framework to excel.



## MANUAL THERAPY

Massage, osteopathy or acupuncture, you choose we have manual treatments to suit your staff members and keep them free of aches and pains and aid their wellbeing.

Staff who sleep well perform well.

# ABOUT US

Waitākere Health Hub has been a successful health clinic in West Auckland for last 25 years. We have added to our portfolio with the studio offering pilates, yoga, BARRE, and tai chi.

My background is in Chinese medicine which takes a holistic view of the body taking into account the body type, the environment and external stressors. I want to take this view point to you and your staff. I have seen first hand how stress can affect the work force and what tools work to reduce the impacts.

We are passionate about health!  
Let us help your work force be the best they can be.



Rachel Gotlieb

DIRECTOR  
AND CHINESE MEDICINE  
PRACTITIONER

## OUR TEAM



Christina

PILATES



Amber

YOGA



Stefan

YOGA



Taurere Teganahau

MANUAL  
THERAPIST



Gareth Van Sambeek

TAI CHI



Karla

BARRE

# OPTIONS

Talk to us we can do bespoke programmes to cater to all of your staffs needs.

## Group classes up to 60 mins

Yoga, Pilates, BARRE, Tai chi, meditation sessions

\$150 for up to 10

\$180 for 15

\$220 for 20 or more

What better way to care for your staff's wellbeing and health than give the gift of movement.

We recommend 1-3 classes a week.

## Manual therapy sessions

\$500 for 4 hours, approximately 8 sessions

Reduce your staffs aches and pains

## Terms and conditions

Minimum weekly commitment to your staff, you pick the time.

Three monthly roll over contracts.

Come to us or we can travel to your work place for a travel fee

All equipment provided

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