

Empowering People - Enriching Lives

We are a passionate, professional, hard working fitness team dedicated to supporting fitness and wellbeing through a partnership approach with a host of organisations.

We have been privileged to work with some leading companies in Ireland including Davy Stockbrokers, Paddy Power, Fineos, Depfa Bank, Clearstream Cork and Accenture.

Contact us today to discuss how our winning team can support yours!

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The Complete Challenge

The Couch to 5K, the zero to Hero, the weight loss challenge or hellness to wellness!

Whatever the chosen challenge for your team we are here to support them. We have extensive experience running challenge programmes and pride ourselves on our ability to tailor any challenge to meet your requirements. Arrange key milestones, rewards, hero awards and teamwork incentives.

Why not talk to us today about taking on a complete challenge and getting your teams excited, motivated and a step closer to their personal health goals!



Empowering People - Enriching Lives

Welcome to Complete Corporate Wellness. Your partner for high quality health service solutions in the workplace. We offer you the opportunity to show your staff that you care about their health and wellbeing by utilising our unique Corporate Wellness Service.

Employee Health is our business. Whether you are a single or multiple site organisation, we design programmes to deliver consistent, high quality corporate wellness programmes to staff for any workplace health need.

We offer a full menu of services across a range of offerings and we work with organisations to develop a strategy for a wellbeing uplift designed to meet with your unique requirements.

WELCOME TO COMPLETE CORPORATE WELLNESS



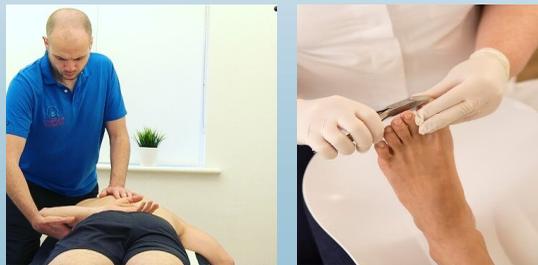
We design programmes that educate your employees on how to live a healthier, more energetic life, creating a culture within your organisation which supports employees looking to constantly upskill and evolve. There are huge benefits to employees of a healthier workforce and by investing in the education of your staff, teaching them how they can improve their health and well-being you are sending a message that you are focused not just on results today, but on the happy, successful futures of each individual you employ.

CORPORATE THERAPY

We understand the impact that busy, stressful lives can have on health and wellbeing and our team of experts offer a holistic and preventative medicine approach with onsite therapy sessions as part of our Corporate Wellness approach.

We offer an integrated therapies solution through our accredited team of health care specialists. Our team offerings include:

- **Physical & Sports Therapy**
- **Foot Health Therapy**
- **Physiotherapy**
- **Acupuncture**
- **Massage Therapy**



CORPORATE HEALTH TRAINING SOLUTIONS:

MINDFULNESS IN BUSINESS

Amidst our busy lives, mindfulness allows us to pause, to breathe and to come home to ourselves. We offer mindfulness based stress reduction and mindfulness based cognitive therapy to teach you to direct your attention to the right here, right now with an attitude of kindness which can help to manage stress, reduce anxiety, improve relationships and develop resilience.

We offer introductory sessions and weekly courses working with you to create appropriate tailored talks or experiential workshops.

NUTRITION AND WEIGHT LOSS

Our Corporate Health Training solutions aim to advise, educate and inspire employees to make changes to the way they live.

Corporate health training enhances the lives of the individual, fosters teamwork and helps to nurture a workplace environment that is more energised, positive and productive.



CORPORATE BOOTCAMP!

Delivered in your workplace, an environment that your staff are comfortable in, our Corporate Bootcamps are designed to rapidly improve the health and fitness of your employees, whilst encouraging teamwork. We offer an extensive range of workouts including:

- **Pilates**
- **Kettlebells**
- **Running Club**
- **Bootcamp,**
- **Tai Chi and/or Yoga,**
- **Box-Fit**

With workouts scaled to suit varying fitness levels, our Bootcamps are all-inclusive sessions where staff members work alongside their colleagues, helping each other through a range of exercises and tasks, increasing both their personal fitness levels and the sense of unity within the workplace environment.

CORPORATE GYM MANAGEMENT

A unique partnership of our expertise and your location! There are many different benefits to having an on site gym including supporting the health, fitness and wellbeing of your staff.

We can support your staff to reach new levels of health, fitness and strength with our fully trained team of gym managers. We provide you with all the services you need to make your in-house gym a success without the headache of worrying about running a successful gym!

Create an environment that inspires your staff to take the next step in their fitness and wellbeing supported by our expert trainers that will support them to achieve their fitness goals from complete beginners to advanced.

We provide all the offerings you would expect in your gym along with exclusive support with nutrition plans, fitness programmes, weight-loss and overall wellness and fitness approaches. Take the next step today to creating a first class wellness environment for your team!