

What is Remote Team Wellness?

The world's first live, virtual corporate wellness solution that supports team wellbeing no matter where you work from.





Why live virtual sessions?

- Working remotely can be lonely, we help your team to come together in unique ways outside of work.
- There's a level of accountability and connection with a live instructor that you just can't get from an app or Youtube video.
- It's as easy as scheduling a meeting and showing up to a video call.

Creating happier and healthier workplaces

Equipping employees with the tools to
be more creative, productive and
resilient than ever before.



Our Services



Virtual Retreats

From Yoga and Meditation sessions taught by some of the world's most talented teachers, to group Gameplay, Adult Recess sessions led by professional actors that will have your team laughing and reminiscing for months. We even have Nutritional Wellness cooking classes led by expert nutritionists and more, we can customize a private, virtual retreat around your goals and budget.

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TEAM WELLNESS

Monthly Sessions

Whether you want to come together more regularly as a team for health and exercise, or you just want to give your employees the tools to lead a healthier and more fulfilling life, our monthly virtual wellness packages are the perfect way for teams both remote, and in-office to get well, together.



Virtual Retreats

RELAX-Half Day Retreat

This experience includes:

- 2+ hour long wellness sessions
- Q&A sessions with experts
- Curated hosting and communications by RTW
- Virtual wellness resources from each expert following the retreat.



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REJUVENATE- Full Day Retreat

This experience includes:

- 3+ hour long wellness sessions
- Q&A sessions with experts
- Curated hosting and communications by RTW
- Virtual wellness resources from each expert following the retreat.

REVIVE- Full Day Deluxe Retreat

This experience includes:

- 3+ hour long wellness sessions
- Q&A sessions with experts
- Customised branded wellness swag sent to each participant
- Curated hosting and communications by RTW
- Virtual wellness resources from each expert following the retreat.

Monthly Sessions

The team will get one, hour-long, live-taught wellness session every month. The session will be recorded and available for one month for anyone who misses the live. Sessions will vary monthly based on team feedback.

You'll also get:

- Q&A sessions with the wellness expert of the month
- Monthly wellness guide with prompts/activities via email from expert of the month
- All communications and admin managed by RTW team



RTW's 5 Pillars of Wellness

Movement- Improve energy levels through physical activity

Mindset- Increase focus, resilience and awareness

Emotion- Increase confidence and connection

Nutrition- Learn to fuel the body for optimal functioning

Purpose- Aligns personal and professional missions

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Movement- Improve energy levels through physical activity

Services: Yoga, Pilates, Dance, Fitness Training

Benefits of movement:

- Physical health benefits such as a healthier heart and joints
- Improved sleep patterns
- Improved cognitive performance

Mindset- Increase focus, resilience and awareness

Services: Mindfulness Training, Meditation,
Neuro Linguistic Programming

Benefits of Mindset

- Increased focus and creativity
- Reduced stress and anxiety
- Increased overall positivity





Emotion- Increase confidence and connection

Services: Emotional Intelligence Coaching,
Curated Team-Building Activities

Benefits of Emotional Wellbeing:

- Increased resilience and adaptability
 - Higher self-esteem
 - The ability to build deeper relationships
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Nutrition- Learn to fuel the body for optimal functioning

Services: Health and Nutrition Coaching,
Lunch and Learn, Live cooking demos

Benefits of proper nutrition:

- Reduced risk of certain lifestyle diseases
- Strengthened immune system
- Increased energy levels

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Purpose- Aligns personal and professional missions

Services: Life and Performance Coaching,
Financial Coaching

Benefits of Purpose:

- Increased clarity
 - Sense of grounding and direction through hard times
 - Increased motivation
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Making wellness accessible and affordable

With pricing that can custom fit any budget, we'll be able to help you make wellness a priority, no matter your team size.



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Want to try virtual wellness for your team?

Get in touch

Email us at
hello@remoteteamwellness.com or
book a call with our team at
www.remoteteamwellness.com

