



# *Secret Sunrise*

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**CORPORATE & WELLNESS PROGRAMME**



# What We Offer.

Secret Sunrise understands that workspace **wellness is essential in any working environment**, leading to **improved health and well-being of your staff**.

With ever-increasing workloads and stress levels, our corporate team-building and wellness packages aim to **bring individual employees together** through various activities to foster a sense of togetherness, of teamwork to improve productivity, communication, and other key business functions.

“The only way to really get the team fired up in a fun, healthy & wholesome way. We'd do it everyday of the week if we could.”

- Sam Paddock  
CEO of GetSmarter



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# BENEFITS OF OUR SESSIONS



## ENCOURAGING TEAMWORK AMONG EMPLOYEES

We help your employees **learn about each other, understand one another** and **why it's important to work together.**



## BUILDING A CULTURE OF HEALTH

Our sessions aim to **build a culture of health** by giving your employees a break from behind the desk and an opportunity to get up on their feet!



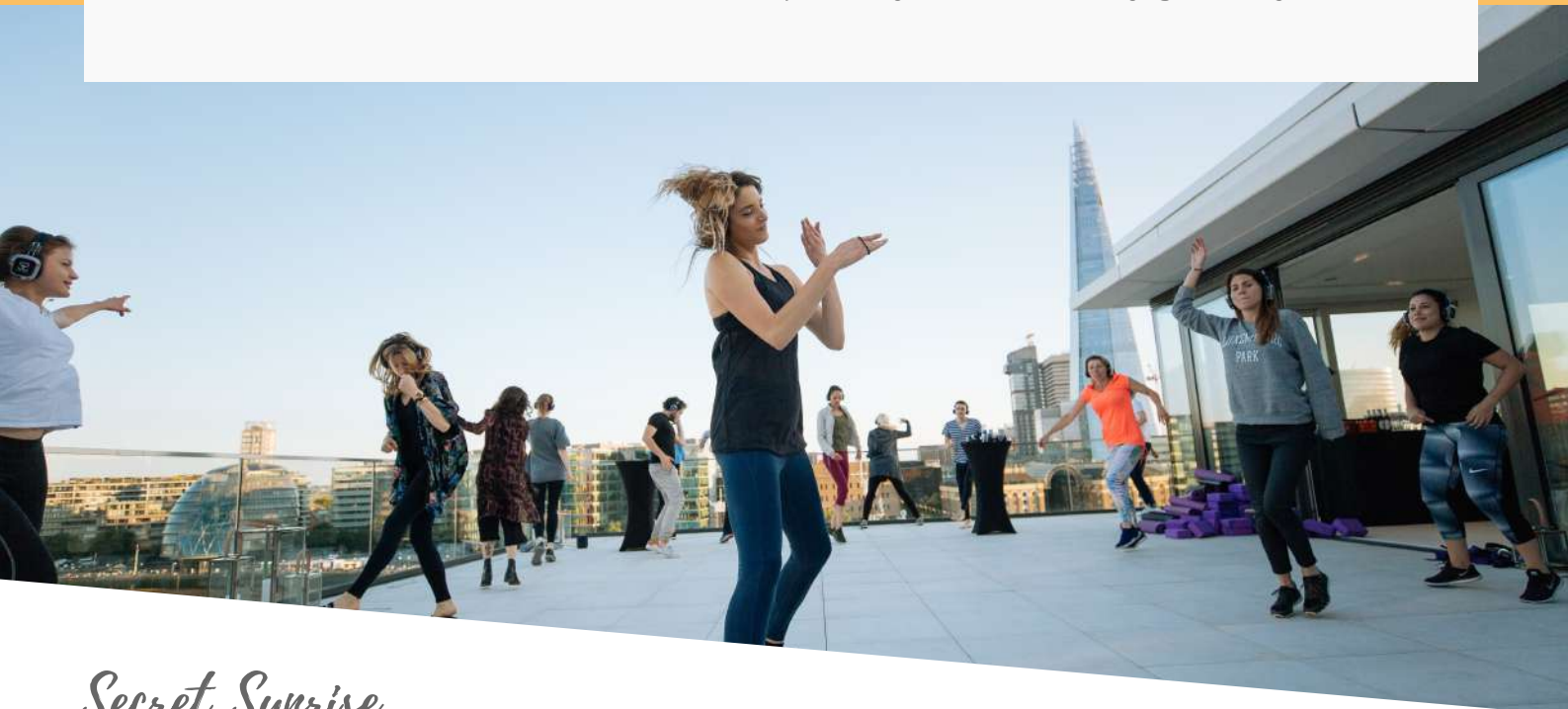
## INCREASED PRODUCTIVITY LEVELS

After sessions, your employees will feel re-energised and reconnected... allowing for **better focus** and **higher energy levels at work** and **overall reduced absenteeism.**



## REDUCED STRESS & REDUCED ABSENTEEISM

We aim to build **strong line of communication** and **healthy team morale between co-workers** needs to exist to optimally and efficiently get the job done.



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# Get In Touch.

We aim to proactively support your employees in their day-to-day stressors and boost their productivity through physical, mental and social well-being.

For more information, please email your city below:

[amsterdam@secretsunrise.com](mailto:amsterdam@secretsunrise.com)

[bali@secretsunrise.com](mailto:bali@secretsunrise.com)

[capetown@secretsunrise.com](mailto:capetown@secretsunrise.com)

[durban@secretsunrise.com](mailto:durban@secretsunrise.com)

[gardenroute@secretsunrise.com](mailto:gardenroute@secretsunrise.com)

[harare@secretsunrise.com](mailto:harare@secretsunrise.com)

[jozi@secretsunrise.com](mailto:jozi@secretsunrise.com)

[london@secretsunrise.com](mailto:london@secretsunrise.com)

[lowveld@secretsunrise.com](mailto:lowveld@secretsunrise.com)

[munich@secretsunrise.com](mailto:munich@secretsunrise.com)

[portelizabeth@secretsunrise.com](mailto:portelizabeth@secretsunrise.com)

[thailand@secretsunrise.com](mailto:thailand@secretsunrise.com)

