

# WHERE WELLNESS WORKS BEST



Building a culture of health and  
wellness into the working  
environment.



## MENTAL WELLBEING WORKSHOP

Understanding the what, why & how of all things relating to mental wellbeing. Being equipped with the tools & tactics to manage our thoughts, emotions and feelings effectively throughout our everyday life.

A serious topic delivered in a light-hearted and engaging fashion. The workshop will focus on understanding our own mental wellbeing, and the simple ways in which we can take care of ourselves, as well as be a support to those around us.

Stress management, Mindfulness and Resilience are at the core of this.

MENTAL WELLBEING - 500 EURO





## MINDFULNESS WORKSHOP

Tiitan provide mindfulness workshops and 6 week programs that will educate your employee's on the importance of understanding your feelings and setting goals.

Mindfulness practices can help us to increase our ability to regulate emotions, decrease stress, anxiety and depression. It can also focus on attention, as well as to observe our thoughts and feelings without judgment.

MENTAL WELLBEING - 500 EURO



# NUTRITION WORKSHOP

## HEALTHY COOKERY WORKSHOP

Food is your friend! Healthy eating made easy.

A food workshop, demo and tasting that is fun, interactive and will make healthy eating easy to implement into our busy lifestyles without the extra stress & often overwhelm that can be associated with improving our eating habits.

A workshop inspiring attendees to consider what they eat daily & develop a healthier relationship with food. Real life strategies not hocus pocus unrealistic nutrition guidelines. How you can eat pizza, drink red wine & stay in shape & be healthy .

**Nutrition Workshop - 750 euro – Max 20 people – Food included**





# LIFESTYLE CONSULTATIONS

Our one on one consultations are bespoke to each individuals lifestyles and needs.

Titan believe being organised, disciplined, happy, fit and hard working you can achieve anything in life. Our lifestyle 6 week program gives your employees simple tips on how to structure their day, in terms of sleep, nutrition, rest, family, training and awareness of their daily thoughts and actions.

Lifestyle consultations – 6 Week Program - Price on request



## FINANCIAL WELLNESS WORKSHOP

Money plays a very important role in our lives, we need to assist and educate our employees on how to manage their financial wellbeing. Our workshop will provide information on budgeting and simple tips on how to structure your finances which will long term reduce stress and help you achieve your life goals.



FINANCIAL WELLBEING - 500 EURO





## TEAM BUILDING

Do you need to get out of the office as a group? Does your sales team who are on the road need some collective motivation and fun? Do you want to bring a TEAM ethos into your companies philosophy?

Why not try our team bonding day - Fitness challenges, team mental skills day , treasure hunt ,office Olympics, Muck of Kells Adventure race and much more.

Team building - on request



## LAUGHTER THERAPY

Is your company looking for laughter therapy? Laughter triggers the release of endorphins, the body's natural feel-good chemicals, it decreases stress and anxiety and brings a group together. Titan are delighted to have Joe Rooney famously known for his roles in Father Ted as father Damo, Killinascully and been on a stand up comedian for over twenty years.

Laughter therapy - 1000 euro



## PHYSICAL WELLNESS

### ONSITE

Our goal is to improve fitness levels, strength, mobility and injury prevention of your employees. Having a strong core and good posture can bring huge differences into your daily life at work and at home. We have a variety of onsite classes to achieve this.

**Yoga / HIIT / Strength / Mobility / Boxercise / Pilates**

### WELLNESS HUB

Does your company need a Wellness Hub where your employees have access to an onsite gym, chill out zone, physiotherapist room or salon.

Titan Wellness provide state of the art bespoke wellness hubs or fitness rooms that can add to your long term wellness program. **All gym equipment purchased can be subsidy through Titans unique grant system.**

This will enhance the culture within your companies working environment, create a team ethos and improve the health of your employees.

### OFFSITE

Couch to 5k – Running program – Titan wellness encourage movement to be part of your life. We believe that group training can enhance productivity, improve communication, leadership and fitness levels when employees train together. Couch to 5k is an easy and enjoyable program that suits all levels of fitness. Titan will complete a short assessment on participants pre program and we will have a coach onsite motivating and implementing the programs around the surrounding areas of your premises.

**Physical services - All on request**





TITAN WELLNESS



## TITAN WELLNESS HUB SERVICES

### Fitness

HIIT Class	150 euro
Boxercise	150 euro
Strength class	150 euro
Yoga	200 euro
Pilates	175 euro

*Price per class*

### Seminars

Wellbeing	500 euro
Mental Wellbeing	500 euro
Mindfulness	400 euro
Financial Wellbeing	400 euro
Diversity and Inclusion	500 euro
Sleep Workshop	500 euro
Nutrition	750 euro

*Food included – max 20 participants*

### Programs

We have a variety of programs we can provide over 6 week periods

- Couch to 5k running program – pre and post assessment – running coach onsite working with your employees to help them learn to run.
- Lifestyle 6 week program – Our coaches work closely with a group of your employees to help them achieve their lifestyle goals – Nutrition – Fitness – Mental wellbeing – family life
- We can also design bespoke 6 week programs from seminars and fitness classes to meet your budget needs

### Comedian – laughter Therapy

**Joe Rooney** – Titan are delighted to have Joe Rooney famously known for his roles in Father Ted as father Damo, Killinascully and been on a stand up comedian for over twenty years.

**Price – 1000 euro**