

Services Overview

# Transform Your Workplace Wellness

Comprehensive wellness programs designed for Kenyan organizations. Leadership, team, and personal training solutions that drive measurable results.



## A Message from Our Founder



Dear Business Leader,

When I founded BeActive Kenya, I had one mission: to prove that investing in employee wellness isn't just good ethics, it's good business.

Having worked with organizations across East Africa, I've seen the same pattern: companies that prioritize their people's health and wellbeing consistently outperform those that don't.

"Wellness isn't an expense. It's the highest-return investment you can make in your organization."

The research is clear: for every shilling invested in employee wellness, organizations see an average 6:1 return through reduced absenteeism, lower healthcare costs, and improved productivity.

But beyond the numbers, there's something more important: creating workplaces where people genuinely thrive. Where leaders perform at their best. Where teams collaborate with energy and purpose.

That's what BeActive delivers. This brochure outlines how we can help transform your organization's wellness culture. I look forward to partnering with you.

### **Mitch Poche**

Founder & CEO, BeActive Kenya

## The Case for Corporate Wellness

The evidence is overwhelming: wellness programs deliver measurable returns. Leading organizations worldwide, including here in Kenya, are seeing transformative results.

**6:1**

AVERAGE ROI

Source: Health Affairs (2010)

**\$3.27**

HEALTHCARE SAVINGS PER \$1

Source: Baicker et al.

**\$2.73**

ABSENTEEISM SAVINGS PER \$1

Source: Baicker et al.

**\$91B**

GLOBAL MARKET BY 2030

Source: Mordor Intelligence

Companies with comprehensive wellness programs experience 25-40% reduction in absenteeism and healthcare costs within the first year.

## Kenya Success Stories

### Safaricom

90% employee reach through "Thrive" program covering physical and mental wellness.

Source: Safaricom Sustainability Report

### KCB Bank

Research shows wellness programs positively impact employee commitment.

Source: University of Nairobi

## Our Services

Three comprehensive programs designed to address every level of your organization's wellness needs.



### Leadership Wellness

Personalized programs designed for executives and leadership roles. Enhance decision-making, focus, and physical well-being.

- ✓ Body composition analysis
- ✓ Executive coaching sessions
- ✓ Personalized training programs
- ✓ Stress management techniques
- ✓ Sleep optimization strategies



### Team Wellness

Group programs designed to foster supportive workplaces. Build stronger teams through shared wellness experiences.

- ✓ On-site assessment and planning
- ✓ Group fitness sessions
- ✓ Team-building wellness activities
- ✓ Stress management workshops
- ✓ Nutrition guidance programs

## How It Works

Our proven 3-step process ensures a tailored approach that delivers measurable results for your organization.

1

### Evaluation & Goal Setting

We begin with a comprehensive assessment of your organization's current wellness state. Through surveys, health screenings, and leadership interviews, we identify key areas for improvement and set measurable objectives aligned with your business goals.

2

### Application of Custom Program

Based on your assessment, we design a bespoke wellness program tailored to your organization's unique needs. This includes selecting the right mix of services, scheduling sessions, and integrating wellness into your workplace culture.

3

### Achieving Goals

Regular monitoring through evaluations, feedback sessions, and key metrics ensures continuous improvement. We adapt the program based on results and emerging needs, ensuring sustainable wellness transformation.

### Program Features



#### Live Support

Ongoing guidance



#### 4-Week Refresh

Regular program updates



#### Weekly Evaluations

Progress tracking



#### Synced Statistics

Real-time data



#### Fitness Routines

Custom workouts



#### Nutrition Plans

Dietary guidance

## Benefits & Impact

Our programs address the most pressing challenges facing HR leaders and business executives in Kenya today.

### Challenges We Address



#### Stress & Burnout

Reduce chronic stress through physical activity, mindfulness, and stress management training



#### Lack of Focus

Sharpen concentration through fitness routines and wellness practices



#### Low Energy

Combat office-related physical ailments and boost daily energy levels



#### High Turnover

Improve retention through better employee experience and wellbeing

### The BeActive Impact



#### Reduced Absenteeism

25-40% fewer sick days in participating organizations



#### Higher Productivity

Engaged, healthy employees deliver better results



#### Better Retention

Wellness programs signal you value your people



#### Employer Brand

Attract top talent with comprehensive benefits

## Let's Build Your Wellness Program

Ready to transform your organization's approach to employee wellness? Here's how to get started.

### Two Ways to Begin



#### Take the Assessment

Get your personalized Leadership Wellness Score in 2 minutes. Identify your organization's biggest opportunities.

[beactive.co.ke/quiz](https://beactive.co.ke/quiz)



#### Book a Consultation

Free 30-minute consultation with our wellness experts. No obligation, just insights.

[services.beactive.co.ke/book-online](https://services.beactive.co.ke/book-online)

"The best time to start a wellness program was 5 years ago. The second best time is today."

### What to Expect

- ✓ Free initial consultation to understand your needs
- ✓ Custom proposal tailored to your organization size and goals
- ✓ Flexible program structure, from pilot to full rollout
- ✓ ROI tracking to measure your investment's impact