

# THE INSIDE JOB

WORKPLACE WELLNESS AGENCY

The Inside Job is more than just a wellness agency, it's a partner on your wellness journey. Together, we'll shift the state of wellness within your workplace, empowering your employees to show up feeling empowered, inspired and joyous. Our unique model, based on 5 key pillars, connects you with nature, ignites your inner light, helps you embody transformation and unites individuals in collective well-being.



CONNECT



IGNITE



EMBODY



TRANSFORM



UNITE

## HOLISTIC APPROACH

We embrace a holistic approach that integrates mind, body and spirit to foster comprehensive well-being and personal growth.

## PERSONAL CONNECTION

We are committed to nurturing connection, community, and personal transformation, crafting hands-on experiences that deeply resonate with individuals and enrich their lives with profound significance.

## TAILORED SOLUTIONS

We recognise that every workplace is unique. Our services are tailored to match your company culture, objectives and the specific well-being needs of your employees.

## WHY INVEST IN WORKPLACE WELLNESS

Enhanced employee performance and productivity.

Reduction of healthcare costs for the organisation.

Improved retention and talent attraction.

## HOW TO WORK WITH US

### INITIATE

Share your team's requirements with us, and receive a customized proposal to initiate a wellness journey within your company, whether through an engaging workshop or invigorating express session.

### MOTIVATE

Quarterly wellness programs covering 3 months of activities to support your teams. Includes: 1 retreat, 2 workshops and 3 embodiment sessions.

### TRANSFORM

The ultimate 12-month package. Includes: 4 retreats, 8 workshops, 12 embodiment sessions, monthly surveys and newsletters.



### EXPRESS SESSIONS

Express 45-minute sessions designed to inspire and ignite transformative change, empowering individuals to embrace holistic well-being.

- Stress Express
- Anxiety Alleviation
- Synergy in Motion
- Wellbeing Balance
- Building a Calm Workplace for Optimal Teams

### CONSCIOUS LEADERSHIP

A full-day immersive retreat or workshop inviting leaders to dive deeper into their own personal self-development and learn how to influence employee health and wellbeing from the power of their own state.



EMBODDIMENT SESSIONS  
TIJ's Partner Locations



WORKSHOPS  
TIJ's Partner Locations



RETREATS  
TIJ's Partner Locations



OUT OF OFFICE  
TIJ's Partner Locations



IN-HOUSE  
At your Location



ONLINE  
Digital Experiences

## SIGNATURE PROGRAMMES

The TIJ Signature Programs have been created to honour the needs of both the individual and the business. Different themes uniquely designed for each business quarter to work in coherence with nature seasons.

### THE RENEWAL

**Spring** The renewal is a fresh and energized outlook toward life. It is the perfect chance to build up the energy and get excited about sowing seeds for new projects and ideas.

### THE OPENING

**Summer** The opening supports individuals in reaping the benefits of their vitality. As the sun becomes fierce, so does our inner light.

### THE CLOSING

**Autumn** The closing is about reflecting on and harvesting the past year's efforts.

### THE BRIDGE

**Winter** The bridge is an opportunity to transition into a new year, planting new seeds for growth and inviting clear intentions for both personal and work goals.



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