

# MINDFULNESS HEALTH AND WELLNESS

WELLNESS FOR EMPLOYEES AND INDIVIDUALS

## MINDFULNESS

Asking for help is a superpower especially at work. Together we can end the stigma.

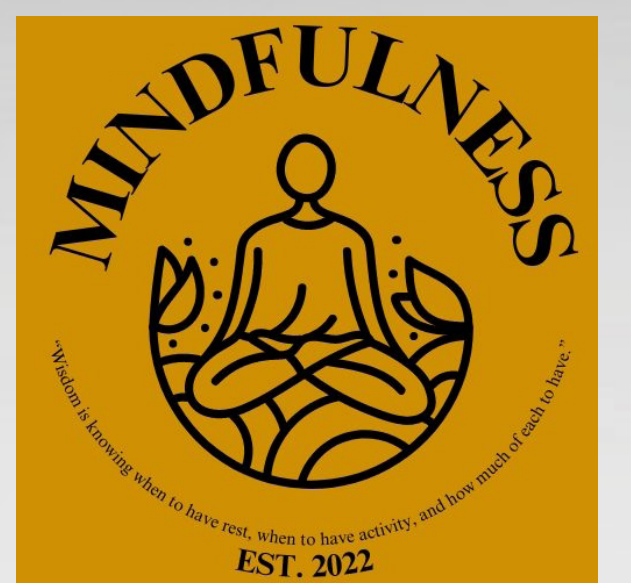
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## MINDFULNESS HEALTH AND WELLNESS: WELLNESS FOR EMPLOYEES AND INDIVIDUALS

Mindfulness Health and Wellness is the first yoga practice to operate in the township of Soweto, Jabulani, offering wellness programmes at business premises and Safehub Jabulani Sports Complex.

### WHO IS MINDFULNESS HEALTH AND WELLNESS?

“We create individual experiences and group practices and focus on providing wellness packages for businesses and NGOs’ to ensure their teams get the necessary support for their mental health”.

Over time other much-needed programmes were slowly incorporated into Mindful Health and Wellness’ service offerings, to mention a few, Zumba, aerobics, and transcendental meditation.

### OUR MISSION AND VISION

Mindfulness Health and Wellness’ mission is to help people easily open up about their emotions and be truthful about how they are feeling. Their vision is to increase awareness around mental wellness, especially in underprivileged communities, and to end the stigma, “Asking for help is a superpower, especially at work”.

### HOW DO WE ACHIEVE THIS?

By focusing on providing wellness packages for businesses and their employees, NGOs, and brands, we ensure that teams within these companies receive the necessary mental health support. Sponsoring two interns from Signa Opportunity’s YES Programme has enabled Mindfulness Health

and Wellness to reach a milestone of over 2,000 people thus far who have participated in their wellness programmes.

### EMPOWERING THE CAREERS OF YOUTH AND THEIR CONSCIOUSNESS

Being a small company and offering workplace experience ensures interns can grow their skills and train in every department in a stress-free environment. Every quarter interns can rotate to another department for exposure and experience with Mindful Health and Wellness’ work and brand. Subconsciously interns can pick up life hacks with them whether they stay or move on to another company.

“The interns are helpful and make an impact,” while Mindful Health and Wellness helps with salary, training, and work experience. This allows interns to make a difference in their families. They help with day-to-day operations while Mindful Health and Wellness focuses on reaching many people, fundraising, and brand awareness.

### ENCOURAGING OTHER COMPANIES TO PARTICIPATE IN YOUTH PROGRAMMES

The interns have profoundly transformed and inspired Mindful Health and Wellness, leading to continuous support for the YES programme as they grow.

Signa Opportunity’s YES Programme can support SMEs during pivotal stages of their development, providing much-needed structure and support through interns. This allows management to focus on more important critical aspects of the business. “It could be what you need to keep the business running”.

