



World Wellbeing Week

24 - 30 June 2026

A global initiative launched in 2019, dedicated to physical, mental & emotional wellbeing in the workplace.

Why does it matter?

- 76% of employees say workplace stress impacts their mental health
- Wellbeing increases engagement & motivation
- Helps reduce burnout and stress
- Improves collaboration & team energy
- Strengthens company culture and retention

Today, wellbeing is no longer a “nice to have”, but an essential part of a healthy workplace culture.

Teambuilding: Wellbeing Concepts

Zen Hunt

An outdoor educational treasure hunt focused on wellness & wellbeing themes. Teams go through dynamic challenges related to balance, stress management, mindfulness, healthy habits and team energy.

Mindtopia – The City of Multiple Intelligences

An immersive teambuilding experience where participants explore 8 interactive districts inspired by different types of intelligence: logic, communication, creativity, movement, empathy, self-awareness and sustainability. Through collaborative missions and creative challenges, teams discover how different strengths complement each other in building a stronger workplace culture.
Available in 4, 6 or 8 challenge formats.

Wellbeing Academy

A modular wellbeing experience featuring 4 relaxation & energy workshops such as:

- Yoga & stretching
- Guided meditation
- Dance / Zumba energizers
- Smoothie Maker Experience

Participants learn practical wellbeing techniques while enjoying interactive and relaxing group activities.

Mandala Magic

A creative mindfulness activity where participants design their own mandalas as a form of relaxation and self-expression. At the end, each participant delivers a short “elevator pitch” explaining the meaning and story behind their creation.



World Wellbeing Week

24 - 30 June 2026

Other Activities:

Movement & Energy

- Morning Stretching
- Desk Yoga
- Yoga
- Fitness Class
- Dance Class
- Volleyball Chill Cup
- Badminton Chill Cup
- Kayak Experience
- Posture Check Day

Relaxation & Mental Wellbeing

- Breathwork Session
- Guided Meditation
- Sound Healing
- Aromatherapy Experience
- Massage Corner
- Recharge Room
- Workshop Burnout Prevention
- Stress Management Workshop
- Sleep & Energy Workshop
- Laugh Break – Corporate Stand-up Comedy
- Therapy Dogs Visit
- Gratitude Wall
- Happiness Bingo

Healthy Lifestyle & Nutrition

- Healthy Breakfast Bar
- DIY Tea & Infusion Corner
- Fruit Delivery Surprise
- Smoothie Bar
- Mocktail Bar
- Cooking Workshop
- Healthy Cooking Demo or Workshop
- Nutrition Workshop
- Coffee Workshop

Social, Creative & Outdoor Experiences

- Color/Paint & Relax
- Vision Board Workshop
- Paint & Wine
- Paint & Lemonade
- Nature Photo Challenge
- Outdoor Movie Night
- Team Gardening
- Wellbeing Quiz
- Personal Finance Wellness Talk