



SIX PACK SERIES

In partnership with Health with Heart, this series builds healthier, more resilient, purpose-driven teams while boosting measureable performance outcomes.

Organisational Performance Begins With Resilient People

When employees' wellbeing is overlooked, the impact shows up in absenteeism, burnout, and declining performance. In South Africa, absenteeism is estimated to cost organisations between R12 – 16 billion annually. The Six Pack Series exists to address this reality.

By integrating wellbeing, leadership, and performance science, it builds the resilience and behaviours required for sustainable high performance. Investment in whole-person development consistently delivers strong returns, with wellness and executive coaching initiatives demonstrating ROI in the range of 300% – 600%, alongside improved psychological safety and organisational performance.

KEY OUTCOMES

- Elevated Physical Capacity
- Enhanced Resilience & Safety
- Improved Financial Stability
- Stronger Cohesion & Collaboration
- Strategic Capability Growth
- Purpose-Driven Engagement

WHO IT'S FOR

- Organisations serious about building cultures of health that reduce absenteeism, boost retention and enhance performance.
- Leadership teams modelling healthy performance
- High-performing teams experiencing burnout
- Employee wellness champions

DURATION

Flexible packages: 4, 6, or 8 sessions

Organisations can tailor their own learning calendar or choose from pre-curated South African journeys. Short, focused learning experiences (in person or online) maintain momentum without disrupting work schedules.