

EMPLOYEE WELLBEING

HEALTHIER PEOPLE. STRONGER WORKPLACES.

Investing in employee wellbeing is one of the most powerful ways to create a thriving, engaged and productive workplace.

At Aligned 360 Wellness Co., we design and deliver holistic wellbeing programs that support your people — mentally, physically and emotionally.



WHY EMPLOYEE WELLBEING MATTERS

- Reduced absenteeism and healthcare costs
- Higher employee engagement
- Improved productivity and performance
- Better workplace culture and morale
- Increased retention and attraction
- Reduced stress, burnout and presenteeism

“A healthy team is the foundation of a successful business.”

OUR EMPLOYEE WELLBEING PROGRAMS

A holistic approach to support your people at every level.



MENTAL HEALTH & RESILIENCE

- Stress management workshops
- Mindfulness & meditation
- Resilience & burnout prevention
- Anxiety support & emotional wellbeing
- Access to psychologists & coaches



PHYSICAL WELLBEING

- Yoga, Pilates & movement classes
- Onsite fitness & stretch sessions
- Ergonomics & posture education
- Walking challenges & step programs
- Fitness assessments & programs



NUTRITION & LIFESTYLE

- Dietitian talks & consultations
- Healthy eating & meal planning
- Cooking demonstrations
- Weight management support
- Sleep, hydration & healthy habits



TEAM ENGAGEMENT

- Wellness challenges & programs
- Guest speakers & expert sessions
- Monthly wellbeing themes
- Employee appreciation & recognition
- Family & community wellbeing events



WORKPLACE WELLNESS DAYS

- Custom wellness days & weeks
- Interactive workshops & activities
- Health checks & screenings
- Massage, mindfulness & movement
- Fun, engaging team experiences

DELIVERY OPTIONS



ONSITE



VIRTUAL



HYBRID



FLEXIBLE PLANS

Monthly | Quarterly | Annual

WHY CHOOSE ALIGNED 360 WELLNESS CO.?



NATIONAL NETWORK OF EXPERTS

Access Australia's leading wellness professionals, coaches and practitioners.



ONE POINT OF CONTACT

We manage everything so you can focus on what matters most.



TAILORED PROGRAMS

Every program is customised to your workplace, goals and budget.



MEASURABLE OUTCOMES

We provide reporting, feedback and insights to track impact and ROI.



FLEXIBLE & SCALABLE

From small teams to large organisations, we grow with you.



“Aligned 360 created a wellbeing culture that our team truly values. The impact has been incredible.”
— HR MANAGER, MELBOURNE



ALIGNED 360
— TOTAL WELLNESS —

EMPLOYEE WELLBEING PROGRAMS

Empowering Healthier People.
Stronger Workplaces.

HOLISTIC WELLBEING SOLUTIONS
THAT DRIVE PERFORMANCE,
ENGAGEMENT AND RESULTS.



MIND



BODY



NOURISH



CONNECT

LET'S BUILD A
HEALTHIER
WORKPLACE
TOGETHER

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ONE PARTNER. ENDLESS WELLBEING SOLUTIONS.



One Point
of Contact



Vetted Wellness
Professionals



Customised Programs
to Your Needs



Seamless
Experience



Reporting & Insights
That Matter



SUPPORTING YOUR PEOPLE.
ELEVATING YOUR WORKPLACE.