



Wellness beyond health

Description

The word “wellness” often conjures up images of healthy food, robust exercise, and calm meditation, but holistic wellness goes beyond health.

AfroCentric’s Employee Wellness Programme’s 5-star model is an approach to wellness that encompasses physical, emotional/mental, financial, social and organisational wellness.

Ensuring that we are resilient in all these five areas will have a positive impact on our personal lives, our professional lives, the health of our communities, and that of our organisation.



Our Wellness Team's offerings include mental health roundtables and resilience programmes, physical wellness educational programmes, empowerment around psychological safety, parenting, embracing diversity and inclusion, financial management, retirement coaching, team building and empowerment, and more.

Category

1. Our Wellness

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