



Your wellness is our concern

Description

In recent years, there has been a positive focus on the way companies approach Employee Wellness Programmes. The AfroCentric Group offers a host of comprehensive wellness programmes to help you be your best, both at work and at home.

Our Wellness Team implemented a number of programmes in 2023 that will continue this year.

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Implemented programmes in 2023

Mental/ Emotional

Mental Health Programme:

- Mental Health round table discussions
- Resilience Programme
- Mental Health Campaign

Physical

Health Programme:

- Mens Health Programme
- Women's Health Programme
- Healthy Lifestyle and Nutritional Education
- Health Risk Management Processes in relation to Disability and Ill health

Social

Women Empowerment Programme:

- Parental Programme
- Embracing diversity through Disability awareness and reasonable accommodation
- Diversity and Inclusion Sensitisation (LGBTQIA+ Training)
- African Spirituality Training and Empowerment

Financial

Financial Wellness:

- Financial coaching
- Pre-Retirement Programme
- Financial awareness campaign
- Benefits education and awareness

Delivered through our 5 Star Model and supported by our Wellness Ambassadors across the business

Category

1. OUR WELLNESS