



Secret Sunrise

MUSIC | MOVE | CONNECTION

CORPORATE & WELLNESS PROGRAMME



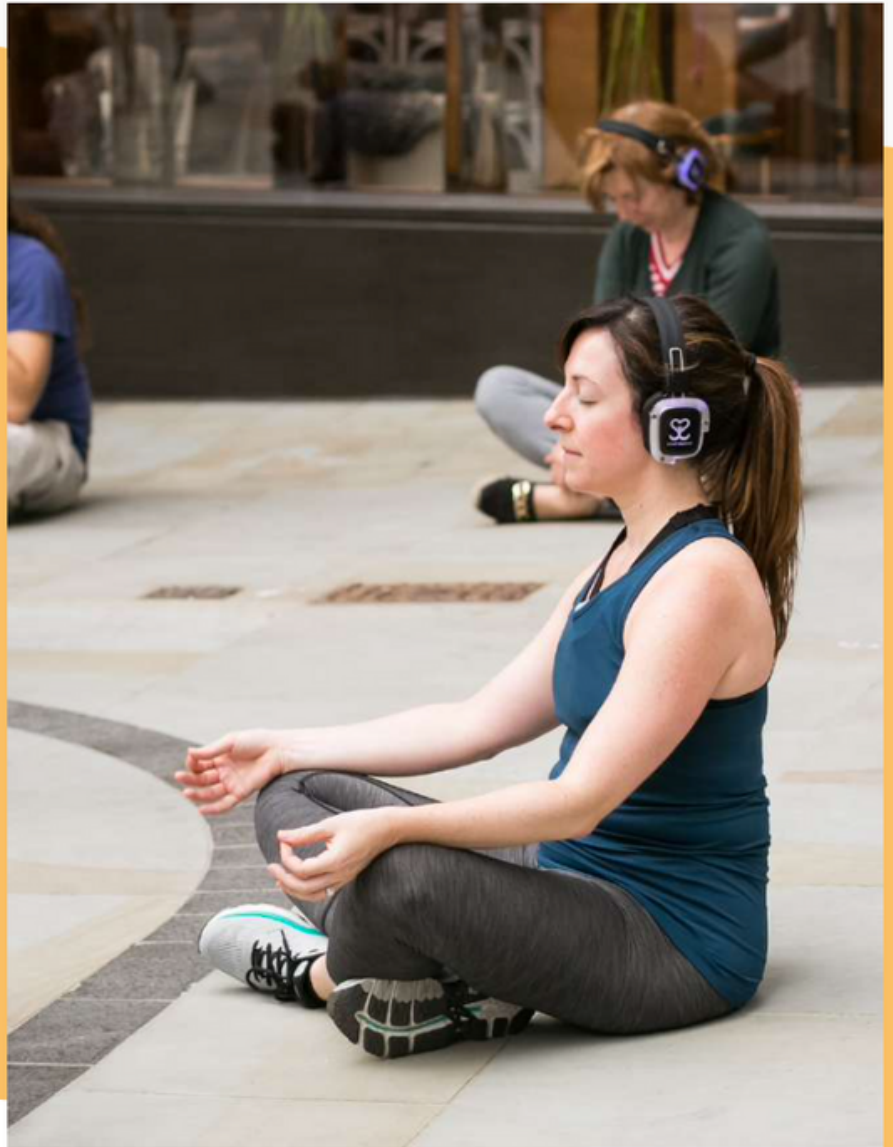
What We Offer.

Secret Sunrise understands that workspace **wellness is essential in any working environment**, leading to **improved health and well-being of your staff.**

With ever-increasing workloads and stress levels, our corporate team-building and wellness packages aim to **bring individual employees together** through various activities to foster a sense of togetherness, of teamwork to improve productivity, communication, and other key business functions.

“The only way to really get the team fired up in a fun, healthy & wholesome way. We'd do it everyday of the week if we could.”

- Sam Paddock
CEO of GetSmarter



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BENEFITS OF OUR SESSIONS



ENCOURAGING TEAMWORK AMONG EMPLOYEES

We help your employees **learn about each other, understand one another** and **why it's important to work together.**



BUILDING A CULTURE OF HEALTH

Our sessions aim to **build a culture of health** by giving your employees a break from behind the desk and an opportunity to get up on their feet!



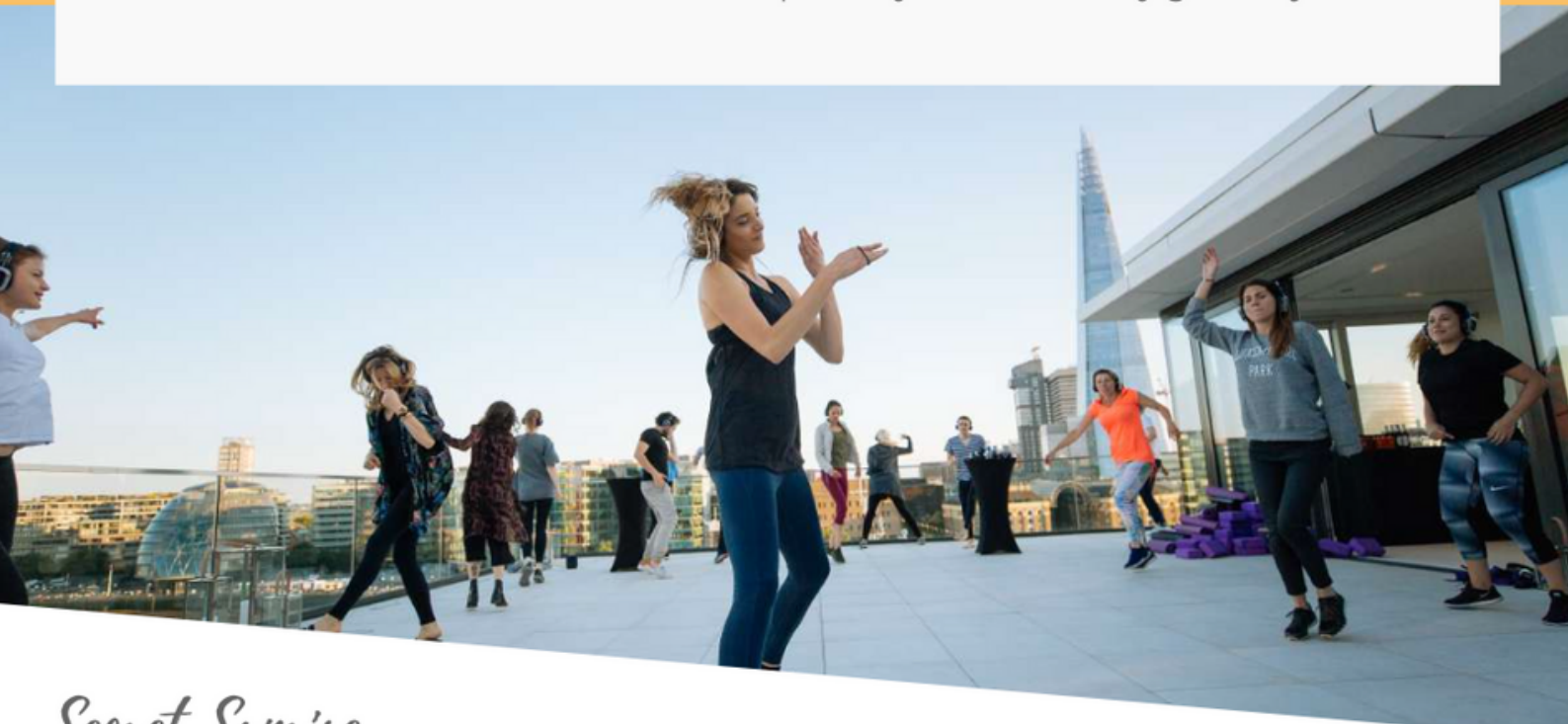
INCREASED PRODUCTIVITY & REDUCED ABSENTEESIM

After sessions, your employees will feel re-energised and reconnected... allowing for **better focus** and **higher energy levels at work** and **overall reduced absenteeism.**



REDUCED STRESS

We aim to build **strong line of communication** and **healthy team morale** **between co-workers** needs to exist to optimally and efficiently get the job done.



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Get In Touch.

We aim to proactively support your employees in their day-to-day stressors and boost their productivity through physical, mental and social well-being.

For more information, please email us at  lisbon@secretsunrise.com