



BALANCE POINT
Wellness Centre

Employee Wellness Programme (EWP)

WWW.BALANCEPOINTWELLNESS.CO.ZA

A Modern Approach to Employee Wellbeing

At Balance Point Wellness Centre, we believe employee wellness should extend beyond reactive support.

Traditional Employee Assistance Programmes (EAPs) often intervene only once employees are already experiencing significant stress, burnout, or emotional distress. These models can also rely heavily on fragmented referral systems, resulting in disconnected care and limited continuity of support.

Our approach is different.

We have developed a holistic Employee Wellness Programme (EWP) centred around prevention, integration, and long-term wellbeing. By combining mental health, physical health, movement, and organisational support within one multidisciplinary ecosystem, we provide organisations with a more comprehensive and sustainable approach to workplace wellness.

Grounded in the biopsychosocial model, our philosophy recognises that employee wellbeing is shaped by the interconnected relationship between psychological, physical, and social factors. Through this lens, we help organisations create healthier workplace cultures while supporting employee resilience, engagement, and performance.

Tailored to Your Organisation

Every organisation has unique people, challenges, and objectives. Our EWP solutions are therefore modular, flexible, and fully customisable to align with the specific needs of your workforce and business environment.

Whether you are seeking a comprehensive wellness partner or focused support within a particular area of wellbeing, we work collaboratively with leadership and HR teams to develop practical, measurable, and sustainable wellness strategies.

Our Core Service Areas

Mental Health & Psychological Wellbeing

Professional, evidence-based support designed to strengthen emotional wellbeing, resilience, and psychological functioning across the workplace.

Services may include:

- ⦿ Confidential counselling and psychological support
- ⦿ Stress, anxiety, and burnout management
- ⦿ Trauma and critical incident intervention
- ⦿ Mental resilience and coping workshops
- ⦿ Mental health literacy training for managers and teams
- ⦿ Leadership wellbeing support
- ⦿ Work-life balance and emotional wellbeing guidance

Internal Health & Preventative Wellness

Preventative physical health services focused on supporting long-term wellbeing, reducing health risks, and improving day-to-day functioning.

Services may include:

- ⦿ Physiotherapy and rehabilitation support
- ⦿ Health assessments and biometric screenings
- ⦿ Ergonomic and musculoskeletal evaluations
- ⦿ Nutrition and lifestyle guidance
- ⦿ Preventative health education
- ⦿ Sleep, posture, and metabolic health support

External Health, Movement & Fitness

Movement and fitness-based wellbeing initiatives designed to improve energy, physical resilience, and sustainable health habits.

Services may include:

- ⦿ Exercise and group fitness programmes
- ⦿ Pilates classes and movement plans
- ⦿ Workplace wellness initiatives and fitness challenges
- ⦿ Mobility, strength, and conditioning support
- ⦿ Ongoing movement coaching

HR Support Services

Practical, people-centred HR support aligned with employee wellbeing, organisational sustainability, and workplace performance.

Services may include:

- ⦿ Employee relations support
- ⦿ Performance management guidance
- ⦿ HR compliance support
- ⦿ Workplace investigations
- ⦿ Policy and procedure development
- ⦿ Leadership and management support

An Integrated Wellness Ecosystem

What distinguishes Balance Point Wellness Centre is our integrated and multidisciplinary approach.

Rather than viewing mental health, physical wellbeing, movement, and workplace functioning as separate concerns, we recognise the interconnected nature of employee wellness. Our model is designed to provide cohesive, preventative support that benefits both employees and organisations as a whole.

Our approach focuses on:

- ⦿ Early intervention and preventative care
- ⦿ Holistic employee wellbeing
- ⦿ Sustainable wellness strategies
- ⦿ Practical, measurable outcomes
- ⦿ Supporting both people and organisational performance

Supporting Healthier, More Resilient Workplaces

We believe the future of employee wellness lies in proactive, integrated care that supports employees before challenges become crises.

Balance Point Wellness Centre partners with organisations to create healthier workplace environments through professional, evidence-based wellness solutions tailored to the needs of their people and culture.

Helping organisations support wellbeing, strengthen resilience, and improve performance through a modern approach to employee wellness.

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