

# WELLNESS **MASTERCLASSES: TAILORED FOR TEACHERS AND STAFF WELL-BEING**

By Keep Evolving



### Wellness Masterclass Packages for Schools

We understand the challenges educators face and the importance of supporting staff well-being in a meaningful, affordable way. These wellness masterclasses are designed to energise, educate, and empower your team - without straining your school's budget.





#### **Package Options** (Estimated Cost per Person)

#### **Starter Session:** R200pp

*Minimum group size: 10 people Duration: 60–75 minutes Includes:* 

• One expert-led masterclass presentation • Practical tools for stress resilience, energy, or mindfulness • Take-home resource (printed or digital) • Light movement or breathwork integration

#### Wellness Focus Session: R250 pp

Minimum group size: 10 people Duration: 90 minutes Includes:

- One in-depth masterclass presentation
- Guided breathwork or mindfulness experience
- Printed workbook or downloadable toolkit
- Follow-up resource with practical tips for the term



#### Full Wellness Morning: Flat rate R4,500 – R5,000

For groups of 15–30 people. Duration: 2–2.5 hours Includes:

- Two expert facilitators
- Themed wellness presentation (e.g., Energy & Burnout Recovery, Mindfulness in the Classroom, Nutrition for Focus)
- Light breathwork or gentle movement session
- Staff wellness gift or toolkit
- Q&A or group engagement session





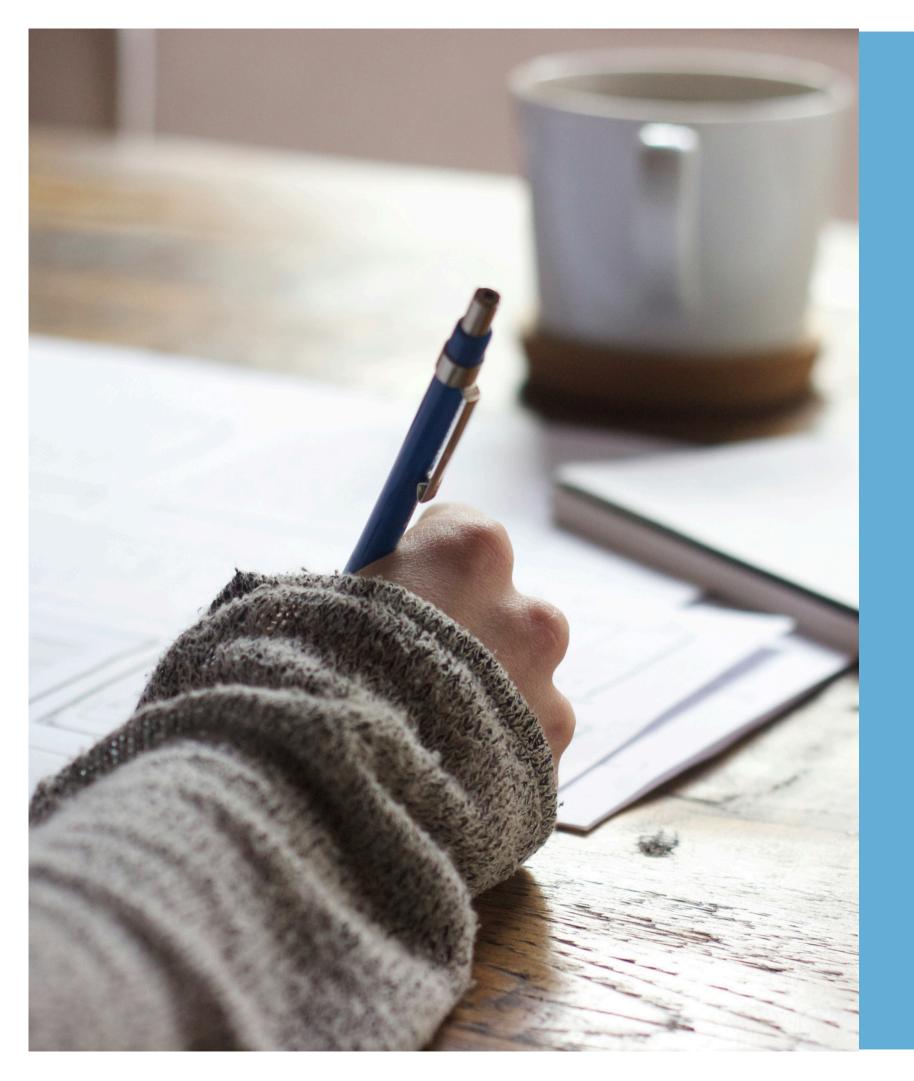
#### **Topics We Can Cover:**

- roles

# with the education sector.

 Managing stress and avoiding burnout • Nutrition to support energy and immunity • Mindfulness and classroom calm • Gentle movement for long teaching days • Building emotional resilience in high-pressure

**Please note:** These are general pricing guidelines. We are happy to adjust packages to suit your needs and will always offer a fair, competitive rate aligned



We look forward to the opportunity to collaborate with you and your team to create a healthier, happier workplace.

Warm regards, Hayley Alexander and Mark Joseph **Keep Evolving** 

Email: <u>mindbodyhayley@gmail.com</u> Call Hayley: 0826559306

Email: mark@stillmind.co.za Call Mark: 0823305355

and videos.

## **GET IN TOUCH**

Visit <u>www.keepevolvingsa.co</u>m to view testimonials