

WELLNESS AT WORK

A partnership for
thriving teams



At Keep Evolving, we believe workplace wellness is not a once-off event, it's an ongoing partnership.

Wellness at Work brings together your organisation, Keep Evolving, and a collective of leading wellness professionals to support your team's physical, mental, and emotional wellbeing.

Our tailored corporate wellness days and packages are designed to energise teams, build resilience, and create healthier, more connected workplaces, while aligning seamlessly with your company culture and goals.





A Tailored Wellness Experience Because No Two Teams Are Alike

Our approach starts with a Company Wellness Audit. We spend time in your organisation, meeting with staff and leadership to understand stress points, health challenges, and wellbeing goals.

From there, we curate a bespoke wellness experience, drawing on our expert team's diverse skillsets. Whether your team needs stress relief, movement, mindset support, or better communication, we design solutions that feel relevant, practical, and impactful.

Why Corporate Wellness Matters Healthier People. Stronger Performance.

Corporate wellness programmes go beyond feel-good moments. They improve focus, morale, engagement, and productivity, while reducing burnout, absenteeism, and staff turnover.

By investing in employee wellbeing, companies build trust, strengthen culture, and future-proof their teams. Wellness at Work empowers employees with tools they can use long after the session ends - supporting healthier habits, clearer thinking, and more sustainable performance at work and beyond.





Meet the Founder of Keep Evolving — Hayley Alexander

Hayley Alexander is a dedicated wellness expert whose work blends health coaching, personal experience, and a passion for storytelling. Influenced by her marathon-running, medical-professional father, Hayley's journey spans life sciences, journalism, personal training, and life coaching.

Her discovery of DNA testing and nutrigenetics deepened her belief in personalised wellness. Shaped by her own health challenges, Hayley brings compassion, insight, and a truly holistic approach, helping individuals and teams continuously evolve.

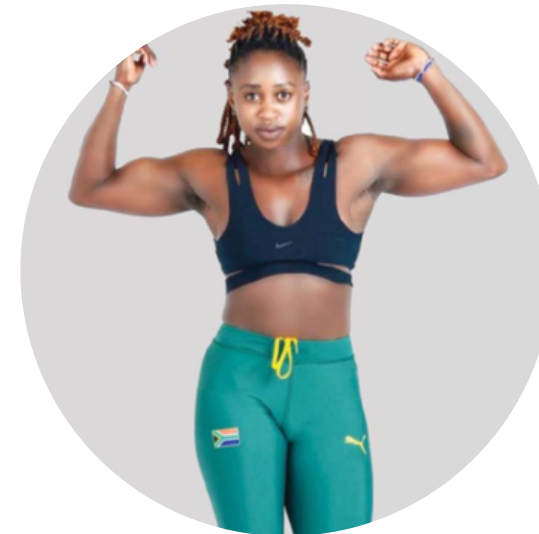
Our Wellness Collective Experts Who Bring Something New to the Table



Nisha Ooka – Former corporate professional turned yoga teacher, specialising in stress, burnout, and beginner-friendly practices for modern work life.



Kyle Sham – Head Coach at Fight Sports Centre Bedfordview, specialises in combat sports, fitness and nutrition, transforming clients' potential, founder of Meraki Meals.



Mphile Dlamini – Professional fitness coach specialising in personal training and group bootcamps, empowering individuals, especially women, to build strength, confidence, and resilience through movement.



Fiona Patel – Yoga instructor, sound healer, and corporate consultant, guiding relaxation, balance, and nervous system regulation.



Caryn Katz – Voice, presence, and Alexander Technique practitioner, empowering confident communication, posture, and intentional awareness in the workplace.



Antonella Fimiani – Senior yoga teacher offering dynamic and restorative practices, meditation, and Yoga Nidra.



Mark Joseph – Proactive mental wellness strategist and keynote speaker, helping organisations build mental fitness, EQ, focus, and psychologically safe cultures using neuroscience and mindfulness.

Sample Wellness Day Schedule

09:00 – Welcome & Intention Setting
Opening talk introducing the wellness partnership and the day's flow.

09:30 – Mental Fitness & Focus Session
Tools for managing stress, sharpening focus, and building emotional resilience.

11:00 – Movement & Mobility Break
Gentle yoga or posture work to release tension and restore energy.

13:00 – Mindful Reset
Guided breathwork, meditation, or sound healing for deep relaxation.

14:30 – Communication, Voice & Presence
Practical techniques for confident, effective workplace communication.

16:00 – Integration & Take-Home Tools
Simple, actionable practices staff can use daily.

Extend the Wellness Beyond the Day - Signature Online Wellness Courses

To deepen impact and support long-term change, Keep Evolving offers six signature online wellness courses as an added bonus to our corporate partners.

These courses allow companies to extend the wellness experience beyond the in-person day, giving employees ongoing access to expert-led tools, practices, and guidance at their own pace.

Available at a discounted corporate rate, the courses can be selected individually or bundled to complement your wellness day, supporting sustained wellbeing, resilience, and personal growth.

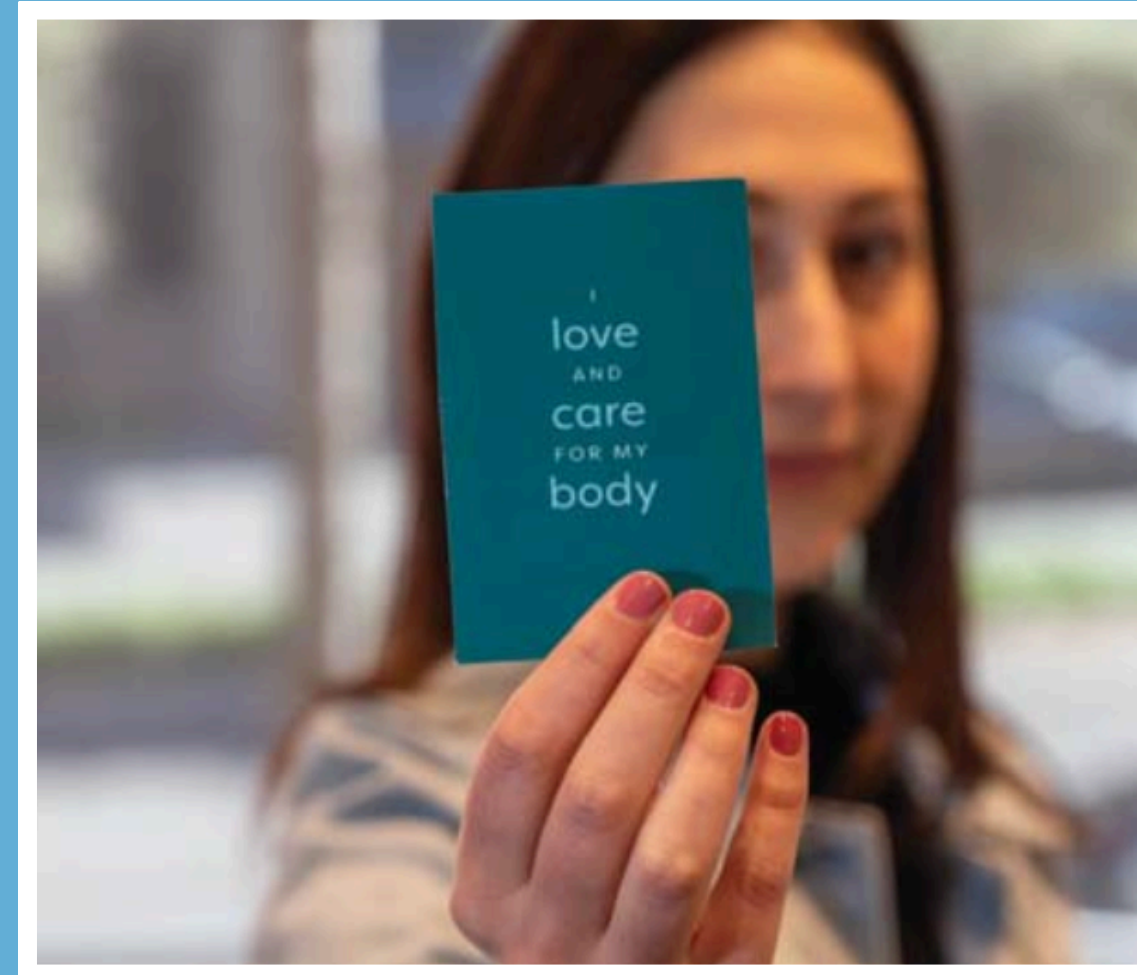
See all of our courses here:

<https://keepevolving.com/courses/>

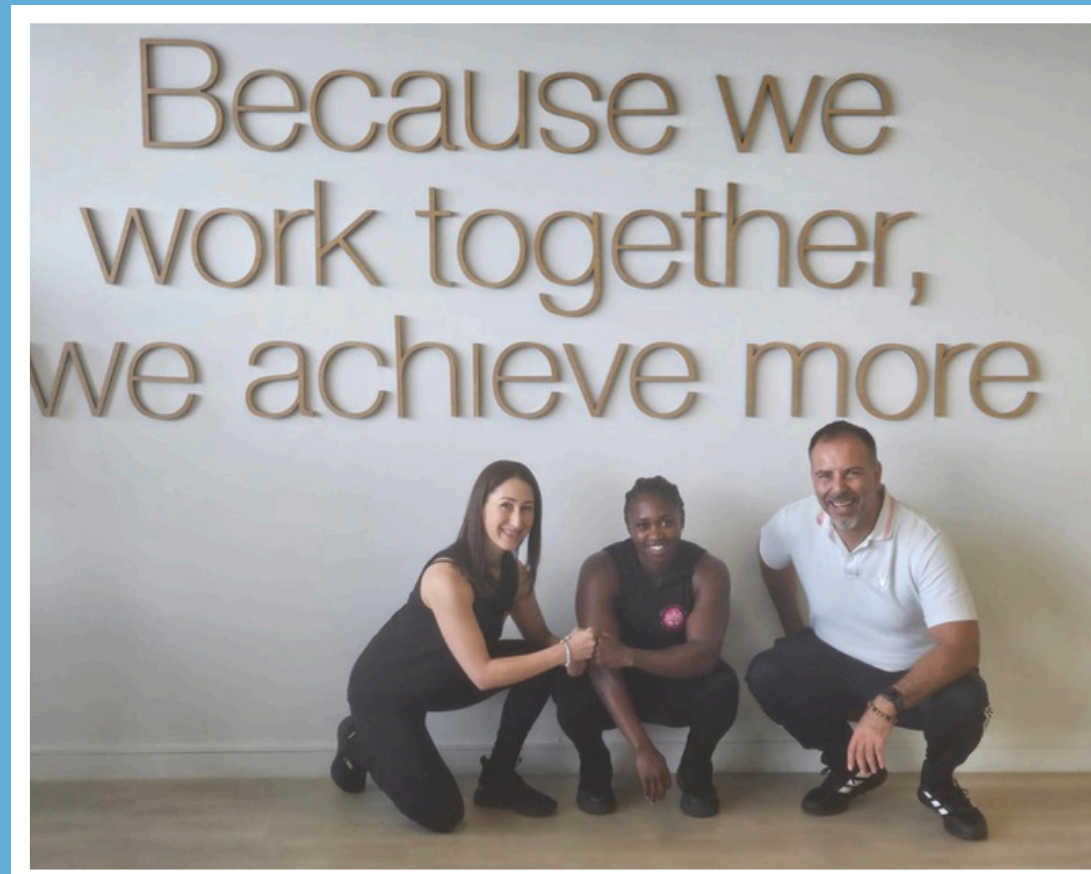




“I just wanted to take the time to express our sincere gratitude to you for the incredible masterclass presented on taking positive action against GBV in South Africa. Your team did a sterling job, and I love how you shared the lessons and skills in such a genuine yet powerful way.” - Kutlwano Takadi, Women in Mining Chairperson at Anglo American



“Thank you for the online session on How to Stay Cool, Calm, and Collected in a Crisis – it was amazing! I have joined your Keep Evolving community and look forward to more upcoming sessions.” - Jade Monique, Employee at Absa



“Hi, Hayley. Thank you for the amazing self-love and sound bath class hosted by Virgin Active, Melrose Arch. A friend invited me, and now I’m ready to sign up as a member! Please, give us more!” Lethabo Mbatha - Digital Content Creator and Influencer

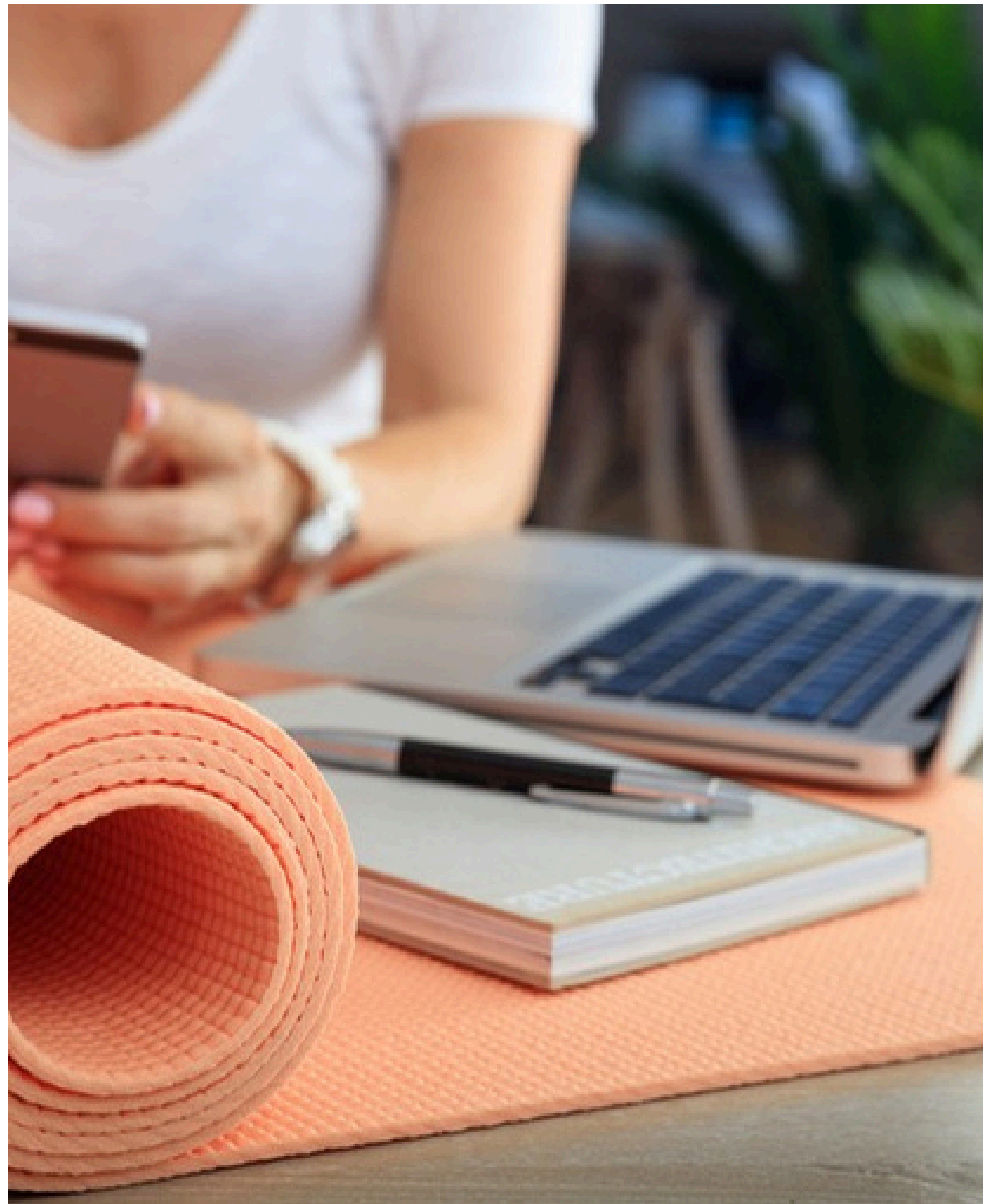


Rates & Packages

Keep Evolving offers tailored wellness packages designed to meet the unique needs and objectives of your company and its employees. Our team will work closely with you to assess your specific requirements and customise a comprehensive wellness program that aligns with your organisational goals.

Whether you are looking for a once-off wellness day or regular workshops and classes, we've got you covered.

Pricing options and add-ons will be provided based on the scope of services discussed, ensuring a solution that optimises well-being, enhances productivity, and fosters a positive, balanced work environment. Each package is created with your company's specific culture and employee needs in mind, ensuring maximum impact and value.



Get in Touch

Wellness at Work is more than a wellness day, it's a commitment to your people. By partnering with Keep Evolving, you invest in a culture of care, connection, and sustainable performance.

We work alongside your organisation to understand your needs, design meaningful wellness experiences, and support long-term change.

Ready to empower your team, boost morale, and create a workplace where people truly thrive?

Email community@keepevolviingsa.com to get the conversation started.