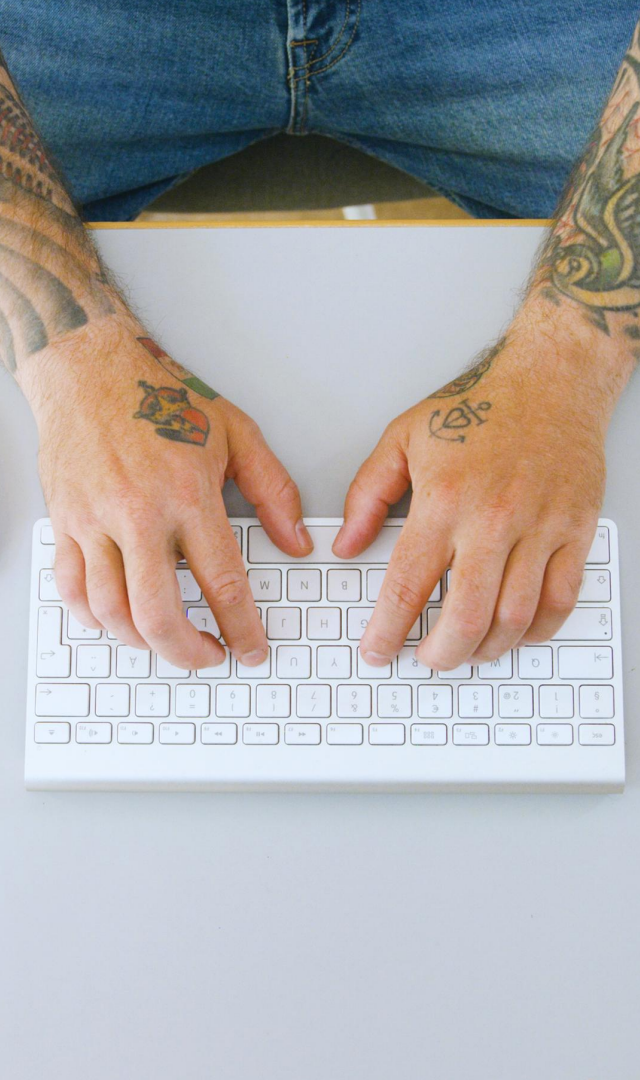




VIWE WORKDAY

A one-hour program showing how well-being can be built during the workday.

www.viwe.fi/viwe-workday



ONE HOUR THAT MODELS A BETTER WORKDAY RHYTHM

For teams, companies, and schools.

Viwe Workday combines research-based wellbeing content with light practical exercises, moving through activation, insight, recovery and reset.



VIWE WORKDAY AT A GLANCE

Research-based wellbeing talk
and practical exercises.

Who

Teams, companies, and schools.

Format

5 parts: light practical activity
and short insight segments

Price

Starting from €300

Duration

60 minutes

Delivery

On-site, remote or hybrid

Language

Finnish or English

Space needed

A normal meeting room or
classroom is enough

Equipment

No sportswear or equipment
needed



WHO

Teams and companies

Viwe Workday is a great fit for a team day, staff day, summer party, or pre-Christmas party.

Schools and institutions

For VESO day, a planning day, a development day, or a school staff day.

As part of a wellbeing day

When you want something from a shared day that remains useful afterwards. Viwe Workday brings ready-made tools to the day: for focus, strain release, and recovery.



HOW THE HOUR UNFOLDS

Viwe Workday lasts 60 minutes.
The hour is split into five parts that alternate between light practical exercises and short talks.

Overall, about half is practical doing and and half are spoken segments.

- + **Goofy movement:** light movement to break the ice and lower the barrier to participation
- + **Introduction:** brief overview of work-related strain and recovery
- + **Tension release:** squeezing, shaking, tapping, and self-massage
- + **Micro-breaks in daily life:** recovery during the workday and as part of the daily rhythm
- + **Recovery:** guided relaxation exercise before returning to the workday





PRICE EXAMPLES

The examples give an indicative price level.

The final price depends on delivery, location and group size.

30 people

Starting from €300

50 people

Starting from €500

100+ people

By arrangement



WHAT WE NEED FROM YOU

Viwe Workday does not require a gym, special equipment, or workout clothes. A standard meeting, training, or classroom space is sufficient, provided participants have enough room to stand up and move lightly in place.

TECHNICAL SETUP

If needed, we can bring microphones, a projector, and a sound system, minimizing the setup required from your organization. If you have your own meeting technology or streaming system, we can use that instead.



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