

# Changing & Inspiring Mindsets

- Healthy workplaces result in greater productivity, higher employee satisfaction and better results for the organization
- Adopting healthy habits is difficult. Changing mindsets is challenging
- Self-improvement is possible, it starts with one thing...



Inspiration








Monday, May 22	Tuesday, May 23	Wednesday, May 24	Thursday, May 25
<b>My Mind</b>	<b>My Body</b>	<b>My Relationships</b>	<b>My Success</b>
			
10:00-10:30 am	10:00-10:30 am	10:00-10:30 am	10:00-10:30 am
Just for Laughs: <b>Laugh Your Way to Better Mental Health</b> (active session)	Get Fit Where You Sit: <b>Desk Yoga Energizer</b> (active session)	Patience with Paper: <b>Learning the Art of Focus through Origami</b>	My Body, My Power: <b>Stepping in with Executive Presence</b> (active session)
11:30 am -12:30 pm	11:30 am -12:30 pm	11:30 am -12:30 pm	11:30 am -12:30 pm
Design Your Life: <b>Create the Life You Desire</b>	Don't Back Down: <b>Take Charge of your Back and Neck Pain</b> (active session)	Health Boundaries: <b>When to Say Yes &amp; How to Say No</b>	<b>Manage Your Energy, Not Your Time</b>
2:30 – 3:30 pm	2:30 – 3:30 pm	2:30 – 3:30 pm	2:30 – 3:30 pm
It's All in Your Head: <b>Silence the Inner Critic</b>	Nourish your Second Brain: <b>Boost your Physical &amp; Mental Wellbeing through Gut Health</b>	Emotional Intelligence: <b>The Missing Link</b>	Stairway to Leadership: <b>A Path for Future Managers</b>
6:00 – 7:00 pm	6:00 – 7:00 pm	6:30 – 7:00 pm	6:00 – 7:00 pm
		<b>Friends &amp; Family Bollywood Dance Class</b> (active session)	







Active sessions will require you to get up and move around.

# Gamification

## CATEGORIES

-  Top 10 individuals with the most Overall Points & Top 5 Online Session Attendees
-  Top 3 Social Media Posters & Top User of SpotMe Platform
-  Top 5 users with highest engagement on Feedback Surveys, Polls & Quizzes
-  Top Broker and top 10 clients with the Highest Number of Online Attendees
-  Most Engaged Client -Team Reward based on Highest Employee Participation
-  Up to 150 vouchers for Live Participants at Client Premises

## GAMIFICATION

-  Registration – 100 points
-  Attendance to a live session – 150 points
-  Answering each post-session survey – 200 points
-  Answering the post-event survey – 500 points
-  Participating in polls & quizzes – 100 points
-  Share your experience on LinkedIn using our hashtag #GIGMyWellnessWeek – 500 points

Please note that there will be no duplication of winners. In case of attendees qualifying in more than one category, our team will select the winning category through a randomized lottery.

# Prizes

## Platinum Prizes



## Gold Prizes



## Silver Prizes



## Grand Team Prize: VIP Private Screening

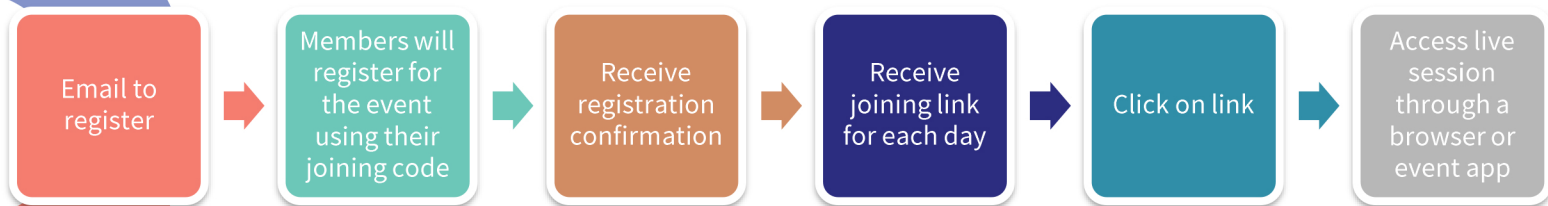


## Vouchers



\* Please note: we will provide YouGotAGift Vouchers for clients that can't accept our standard prizes

# Accessing the Platform



**Joining codes will be indicated in the invite emails:**

- GIG Corporate Member
- GIG SME Member
- GIG Individual Policy
- GIG Broker
- GIG VIP
- GIG Guest