



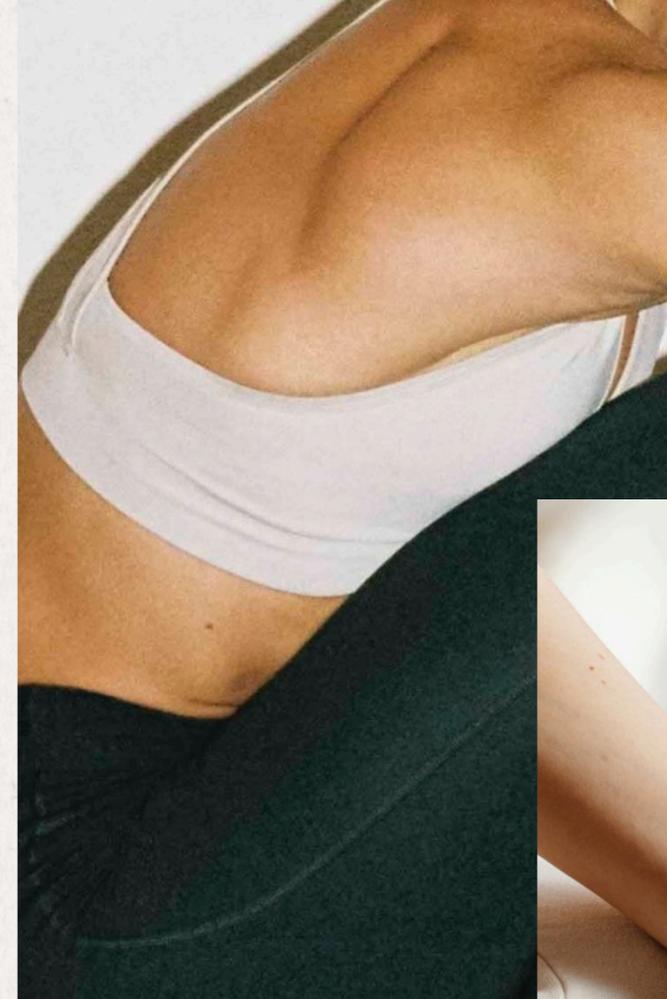
THE HERA AGENCY

LET'S BRING WELLBEING BACK INTO THE WORKDAY.

With our HERA WELLBEING SCHEDULE, mental health becomes part of your company culture - sustainable, professional, and stress-free. A holistic online course offering for your employees.

THE CONCEPT / WHAT IS THE HERA WELLBEING SCHEDULE?

- Weekly live session (45 min) via Zoom or Teams
- Monthly changing, curated class schedule (yoga, pilates, meditation, breathwork, stress release, and more)
- Flexibly scheduled according to team structure (e.g. mornings in the home office or lunchtime at the office)
- Trainers from our network "The Hera Circle" - experienced, professional & approachable
- Communication templates for HR & internal communication





WHY IT WORKS

- Promotion of health & mental balance
- Strengthening of focus, energy & resilience
- Employer branding with real impact
- Low-threshold access - even in everyday office life

PRICING

HERA WELLBEING SCHEDULE (from €1750/month)

- 6 live sessions / month
- Monthly curated class schedule with a focus on prevention & mental health
- Individually tailored times & content
- Impulse sessions (mini-talks on topics like “Let go of stress” or “Female Energy in the workday”)
- Co-branding on request (e.g. presentation in corporate look)
- Communication template for your intranet / team email
- Personal project support by The Hera Agency
- **Incl. trainer fees**

OUR TRAINERS



- Experts from our own nationwide network “THE HERA CIRCLE” (>200+ experts)
Professionally trained
- Authentic, warm & motivating

ADD ONS

Our add-ons for long-term impact & real experiences.

- **Workshops**

For HR, leadership or entire teams - as a kick-off for introducing the Wellbeing Schedule.

- **Impulse & Speaker Sessions**

Inspiring talks & expert sessions on topics such as stress prevention, female leadership, or mental load.

- **Live Events & Retreats**

From small in-office time-outs to full-day wellbeing events or brand retreats - incl. concept, guest management & execution.

- **Brand Activation & Experience Design**

You're a brand with a health, lifestyle or female focus?

We create activating experiences that connect brands & people - on- and offline.

- **Individual Content Creation**

Slide decks, visuals, reminder templates & communication packages - ready for internal use or your employer branding channels.

You want more than a weekly class? Let's co-create something that truly moves people.





LET'S CONNECT

Let's make Wellbeing part of your work culture.
We look forward to a non-binding conversation.

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