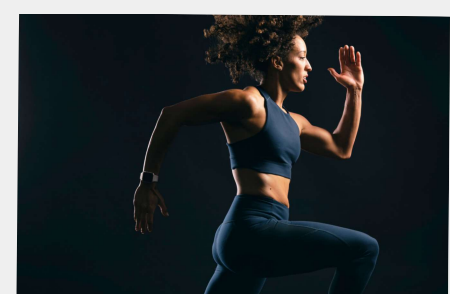




# SERENITY CORPORATE WELLNESS

For People Who Matter *By People Who Care.*

## Company Profile

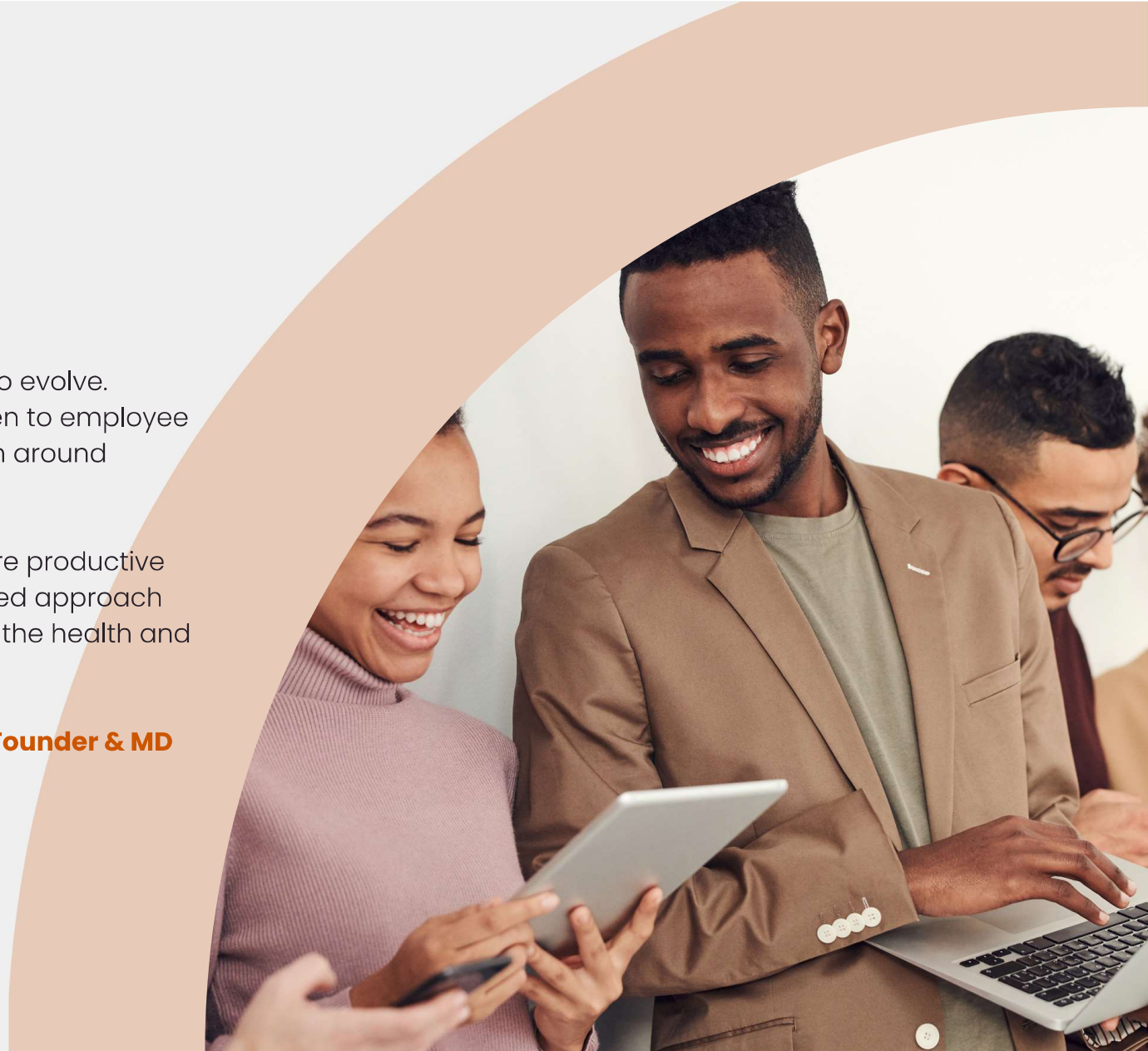


# Introduction

“Employee wellness programmes will continue to evolve. My hope is that there will be more attention given to employee wellness and that the stigma and discrimination around mental health challenges will dissipate.

With the aim to have healthier, happier and more productive employees, employers need to take an integrated approach with clear outcomes when it comes addressing the health and wellbeing of an employee.”

- **Busi Nxumalo, Serenity Corporate Wellness Founder & MD**



# About Serenity Corporate Wellness

Serenity Corporate Wellness Pty (Ltd) was originated to meet an ever-present need for affordable and quality wellness and counselling services in South Africa and beyond.

We provide **reliable**, **reimagined** and **responsive** corporate wellness services to address mental health and wellness issues faced by employees so that organisations can have a workforce that is measurably happier, healthier and more productive.

We are a purpose-driven company that was founded by women and is currently managed by women. Serenity Corporate Wellness is **for people who matter by people who care.**



# Rethinking Workplace Mental Health &



We see mental health and wellness as essential for businesses to help employees function successfully in their work and all other aspects of their life. We believe that providing effective interventions is vital and relevant to all people. We strive to innovate and provide improvement in utilisation of employee wellness programmes in the workplace.

Relationship-centred

People first

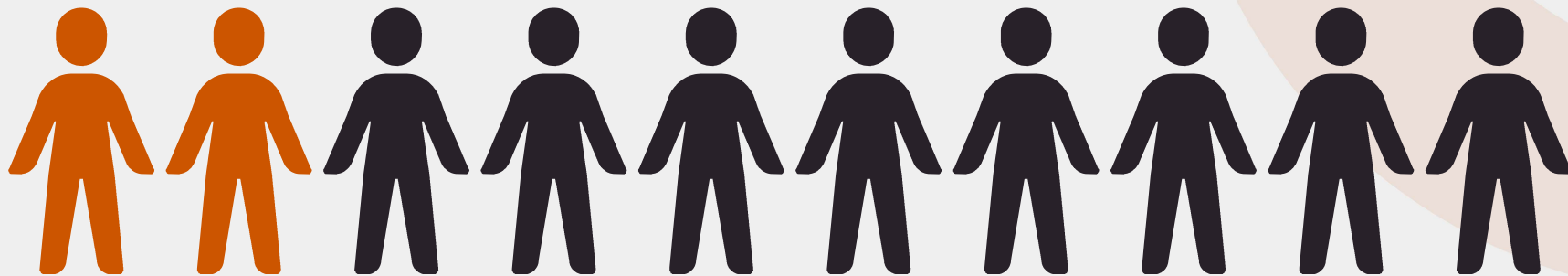
Integrity

Compassionate

Professional

Responsive

# Employee Wellness for Everyone



**Most companies still struggle to keep their employees engaged in wellness initiatives.**

Participation rates have remained frustratingly low — under **15%** on average, even with the slight spike during the lockdown of the past year. Our research shows high-performing wellness programmes share five key factors that are missing among companies with lower-performing programmes.

# Why **choose** Serenity Corporate Wellness

We specialise in Employee Assistance Programmes (EAP) that deliver comprehensive quality employee wellness services to organisational management, worker organisations, and employees and their family members.

We **develop, implement** and **monitor** our bespoke employee wellness strategies.

## **Geographic presence across nine African countries**

1

We have presence in countries such as South Africa, Namibia, Kenya, Botswana, Swaziland, Ghana, Nigeria and Egypt.

## **24/7/365 access from anywhere at anytime in local language**

2

Through our network of affiliates located across the continent, we provide always-on access to your employees.

## **High quality engagement workplace wellness interventions**

3

We provide employees with access to wellness initiatives that are delivered with professionalism and compassion.

We provide an integrated wellness solution.

Our services are **tailored** and **measured** to suit your company's needs.

4

## **Registered counsellors & psychologists**

Our 150+ affiliates are registered practitioners who have been vetted and onboarded to ensure that they align with our vision and mission.

5

## **Experienced and professional wellness practitioners**

Our team of wellness professionals includes certified NLP coaches, legal advisors, financial advisors, nutrition and health advisors.

6

## **Services delivered onsite, in-person and virtually**

We deliver our services online, in-person or on-site at various office locations across the country and beyond.

# How we can help you



## **Counselling**

Mental health counselling, workplace bullying & harassment counselling, trauma counselling & crisis management, financial counselling, legal advisory, health & lifestyle, change management, alcohol & substance abuse counselling.



## **Training & development**

Group & individual coaching, graduate training programmes, customised workplace training, career coaching and development.



## **Employee Wellness Programmes**

Wellness days, wellness workshops, wellness talks and executive wellness programmes.



## **Workplace interventions**

EAP strategy development, team building and team cohesion initiatives, occupational health & support, perinatal wellness programmes and workplace bullying & harassment interventions.

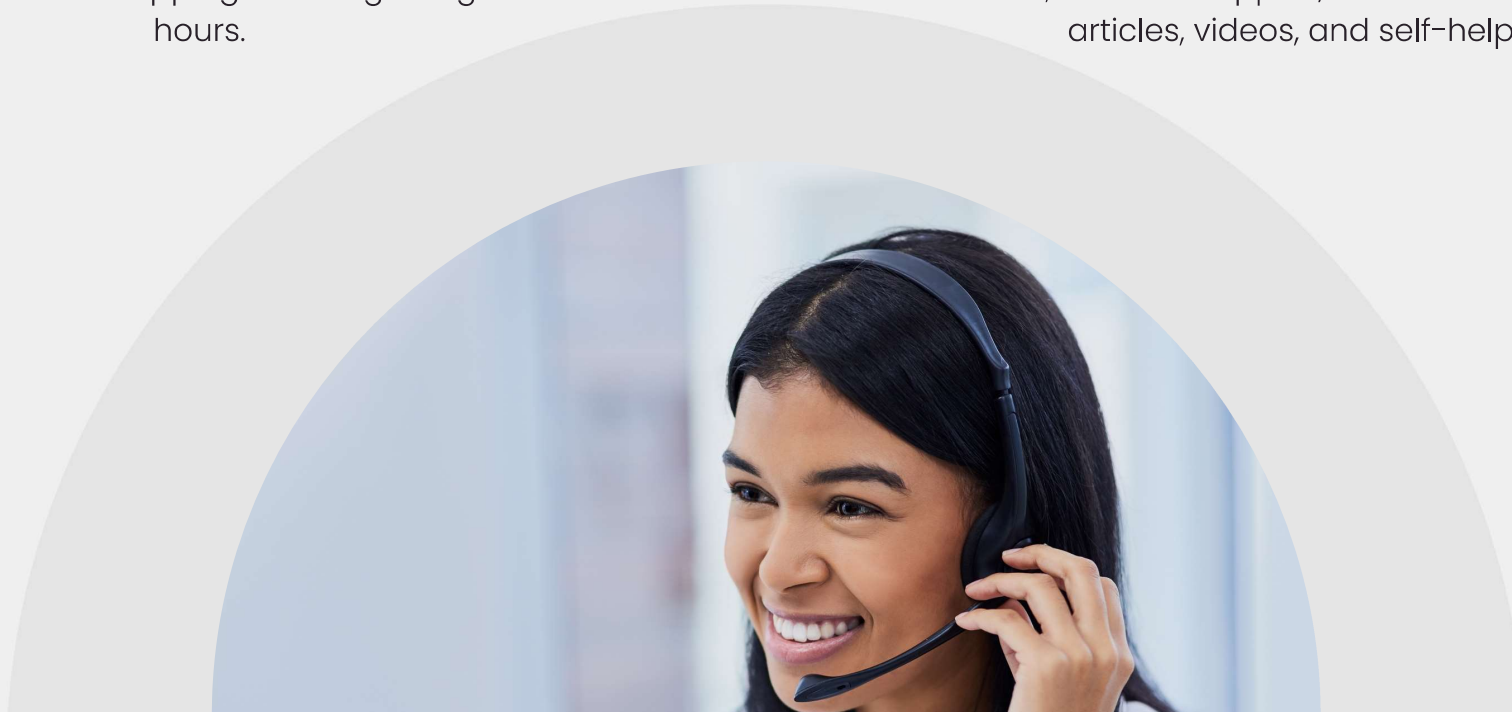
# How we deliver our services

## **In-person**

We also offer onsite or in-house EAP services staffed with trained counsellors or social workers. Employees can access these services by scheduling appointments or dropping in during designated hours.

## **Virtually**

We also deliver our services through online platforms or telephonically, allowing employees to access support remotely. This includes telephonic counselling sessions, live chat support, or online resources such as articles, videos, and self-help tools.





# Integrated **employee** **wellness solutions**

When addressing challenges faced by employees, we provide **cost-effective** and **well-rounded solutions** to address many facets of their daily lives. As a business, we will help you achieve:

- Increased employee morale and engagement
- Increased productivity
- Decreased absenteeism
- Increased EAP service satisfaction rating (NPS)

**66%**

Recovery

**84%**

Recovery

**97%**

Recovery



# Our EAP services coverage

We have geographic presence across different regions and offer our services in these regions through our affiliates programme.

With our affiliate programme, we have registered counsellors and psychologists who are experienced practitioners in their field and deliver our services in your employees language of choice.

The ease of use on virtual platforms has also made it very easy for your employees to connect with us no matter where they are.

We have presence in the following countries: Namibia, Botswana, Swaziland, Ghana, Kenya, Egypt, Tanzania, Nigeria, Lesotho, Angola, Mozambique, Malawi, Zimbabwe, and Mauritius.



““

***Without positive mental health,  
it will be almost impossible to  
realise your full potential, work  
productively, make a  
meaningful contribution to your  
community, or handle the stress  
that comes with life.***

””

**Busi Nxumalo, Founder & MD**

# Our clients

We have worked with clients across various industries such as FMCG, pharmaceuticals, financial services automobile, technology and manufacturing. This demonstrates our experience to understand our clients and the needs and changes of their business within a specific industry.



# What our clients say about us

*"In our partnership, Serenity has displayed an **unwavering commitment** to enhancing the emotional and mental fortitude of our workforce. They **comprehensively address various issues** ranging from stress management, work-life balance, anxiety, depression, to personal problems that can adversely affect employees' engagement, productivity and overall holistic wellbeing."*

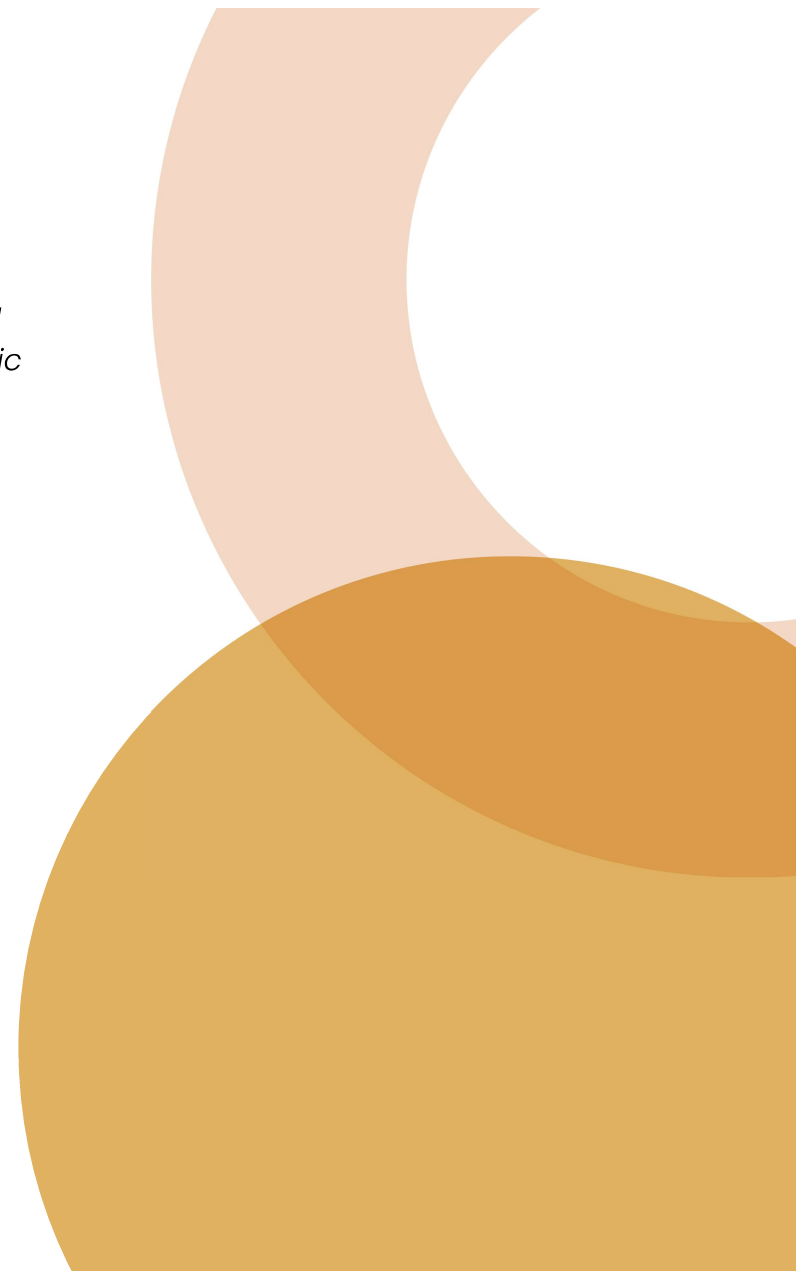
**Thatohasti Mothibe, Senior Manager at Ingrain SA**

*"The level of **responsiveness and agility** exhibited by Serenity surpasses any we have previously experienced with larger EAP service providers. In cases of concerns or queries, swift and effective communication is always guaranteed. The team exhibited an unwavering commitment to prioritising needs, **resolving issues promptly, and providing highly individualised, attentive care**".*

**Nisha Ramachandran, Employee Wellness Specialist at Barloworld Equipment**

*"Serenity Corporate Wellness not only able to accommodate a very urgent request but **provided reports and recommendations** that assisted us in managing the employee in ways that have ensured that the same trauma does not take place again, but also that we are a lot more mindful of the impact of stress on the mental health of our employees."*

**Makhoali Khoarai, People Manager at Siyakha Joint Holdings**



# Our team of **qualified professionals**



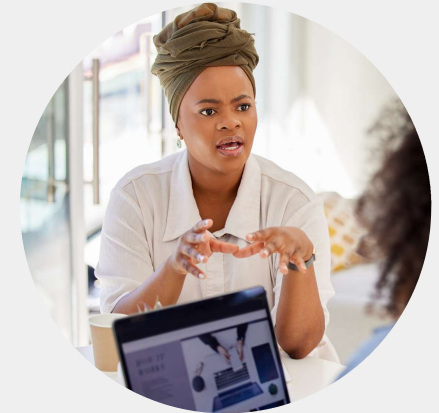
**Registered Counsellors  
& Psychologists**



**Legal Advisors**



**Financial Advisors**



**Certified Life Coaches**



## Our Contact Details



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[www.serenitycorporatewellness.com](http://www.serenitycorporatewellness.com)



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Thank you.