

BR▲ND

THE NAME BEHIND THE POWER

BES▲MANDLA

B-WELL

WELLNESS WEDNESDAY
STARTS HERE.



YOU'RE BUSY. WE KNOW.
That's exactly why we're asking you to **pause**.

TAKE FIVE.



STEP AWAY



BREATHE



RESET

Then get back to it.

B-Well is our new workplace wellbeing initiative.

Every Wednesday, B-Well will give you something practical to try, think about or do.

SEPTEMBER FOCUS

MIND



MIND



BODY



GROW



PEOPLE

“ Five minutes isn't going to finish the job. **It might help you finish it better.** ”



WEDNESDAY
2 SEPTEMBER



A healthier,
stronger workplace.

BR▲ND ACADEMY