



Accredited Africa Training Institute for Capacity Development

Unit FO409, Hatfield Plaza · 1122 Burnett St, Hatfield 0028 · Pretoria, Gauteng · South Africa

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COURSE BROCHURE

Corporate Wellness

Custom Courses / Human Resources and Training

Unit Standard AATICD-0246 · NQF Level 5 · 10 Credits · 5 Days

COURSE OVERVIEW

This course equips learners with the knowledge and skills to promote and maintain wellness in the workplace. It covers the physical, mental, and social well-being of employees, enabling participants to implement effective wellness strategies and foster a healthy work environment.

Category	Custom Courses
Subfield	Human Resources and Training
Unit Standard	AATICD-0246
Accreditation	SAQA Accredited · NQF Level 5 · 10 Credits
Duration	5 days
Training Method	Online, On-Campus, In-House
Certificate	Issued via AATICD LMS – verifiable online

LEARNING OUTCOMES

- Analyze the key components of corporate wellness and their impact on employee productivity and organisational culture.
- Design a comprehensive wellness programme tailored to the specific needs of a corporate environment.
- Implement strategies to promote physical health, mental well-being, and work-life balance among employees.
- Evaluate the effectiveness of existing wellness initiatives using appropriate metrics and feedback mechanisms.
- Demonstrate the ability to communicate wellness policies and resources effectively to diverse employee groups.

WHO SHOULD ATTEND

- This course is designed for managers, supervisors, HR professionals, and employees responsible for workplace wellness initiatives in corporate settings.

COURSE OUTLINE

Day 1: Foundations of Corporate Wellness

- What is corporate wellness? History and evolution
- The four pillars of well-being: physical, mental, social, financial
- Business case: absenteeism, presenteeism, turnover, and engagement
- South African context: Employment Equity Act, OHSA, labour legislation
- Role of HR, management, and wellness champions
- Overview of common wellness programme models

Day 2: Needs Assessment and Programme Design

- Needs assessment methods: surveys, health risk assessments, biometric screening
- Analysing data to identify priority areas
- Programme design frameworks: logic models, theory of change
- Selecting interventions: fitness challenges, EAPs, financial literacy workshops
- Goal setting: SMART objectives and key performance indicators
- Budgeting, resource allocation, and vendor selection

Day 3: Implementation and Communication Strategies

- Implementation roadmap: pilot, roll-out, and scaling
- Communication planning: branding, channels, messaging
- Engagement tactics: incentives, gamification, peer support
- Change management principles for wellness initiatives
- Digital tools: wellness apps, portals, wearables
- Vendor management and partnership models

Day 4: Monitoring, Evaluation, and Continuous Improvement

- Evaluation frameworks: Kirkpatrick model, RE-AIM
- Quantitative metrics: participation rates, health outcomes, cost savings
- Qualitative data: employee feedback, case studies
- ROI calculation: direct and indirect benefits
- Data privacy and ethical considerations
- Continuous improvement cycles: Plan-Do-Study-Act (PDSA)
- Reporting formats: dashboards, executive summaries

Day 5: Advanced Topics and Capstone Integration

- Mental health in the workplace: stress, burnout, resilience
- Financial wellness: debt management, retirement planning
- Wellness for remote and hybrid workers
- Culture change: embedding wellness into values and daily operations
- Leadership buy-in: training managers as wellness advocates
- Capstone exercise: design a full wellness programme for a case study
- Presentation skills and peer review

ASSESSMENT & CERTIFICATION

Delegates are assessed through exercises and a final test. A mark of **50% or above** earns an **AATICD Certificate of Completion**, issued digitally with a unique verification code. This course carries **10 NQF credits** at **NQF Level 5**.

PRICING (PER DELEGATE, EX-VAT)

Delegates	Training Method	Price per Delegate	Total
1	Online	R 24,200.00	R 24,200.00
1	In-House	R 31,400.00	R 31,400.00
1	On-Campus (Pretoria)	R 36,200.00	R 36,200.00

UPCOMING SESSIONS

Start	End	Method	Venue
10 Aug 2026	14 Aug 2026	On-Campus	Durban, South Africa
10 Aug 2026	14 Aug 2026	On-Campus	Abu Dhabi, UAE
17 Aug 2026	21 Aug 2026	On-Campus	Harare, Zimbabwe
17 Aug 2026	21 Aug 2026	On-Campus	Shenzhen, China
24 Aug 2026	28 Aug 2026	On-Campus	Bangkok, Thailand
24 Aug 2026	28 Aug 2026	On-Campus	Victoria Falls, Zimbabwe
31 Aug 2026	04 Sep 2026	On-Campus	Lusaka, Zambia
31 Aug 2026	04 Sep 2026	On-Campus	London, UK

Contact us if no suitable date is listed – on-demand sessions can be arranged for groups.

HOW TO GET A QUOTE OR APPLY

1. **Get an instant quotation online:** visit www.aaticd.co.za, open the page for this course (Unit Standard AATICD-0246) and click **Get A Quote / Apply**. Select your training method and number of delegates – your quotation is generated immediately and emailed to you with the course brochure attached.
2. **Apply by email:** send the course title, your preferred training method (Online, In-House or On-Campus Pretoria), the number of delegates and your preferred dates to apply@aaticd.co.za – our team will reply with a formal quotation.
3. **Apply by phone or WhatsApp:** call **+27 12 004 8389** or WhatsApp **+27 65 077 6310** and we will prepare your quotation and reserve your seats.
4. **Confirm your booking:** accept the quotation and settle the invoice. As soon as payment is confirmed your delegates are enrolled and receive their AATICD LMS login details by email, along with joining instructions for their chosen training method.

Group discounts apply automatically – the more delegates you enrol, the lower the price per delegate. No payment is required to request a quotation.

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