

**Practical tools to meet
professional demands.**

e:quilibrium

e:q̣uilibrium presents

Welcome Chaos
\$1.24

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Introducing EQ, a place, a resource,
a provider to find care amongst the
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WELCOME TO EQUILIBRIUM:

A holistic employee wellbeing program that supports businesses in optimising workplace performance, starting with the individual.

**93% of Australian workers believe their physical, emotional and mental wellbeing is equally as important as their pay.
[Swinburne Edge, 2022]**



Developed alongside health and wellbeing experts, Equilibrium equips employees with online education, practical learnings and immersive wellbeing experiences to succeed at work and carry through life.

We help people and businesses to thrive with our:

- **Proactive, sustainable approach to wellbeing**
- **Balance of digital education and physical practices**
- **Strategic content created, curated and delivered specifically for professionals**
- **Personalised business integration and dedicated ongoing support**

Make employee wellbeing a priority by integrating Equilibrium's preventative wellbeing program into your workplace.

ABOUT US

As a former lawyer, Equilibrium Co-Founder Mia Basic understands the increasing pressures faced by businesses and professionals.

Between burnout, fatigue, disengagement and stress, successful businesses continue to lose their most valuable asset: their people. It's critical to address these pain points proactively, with strategic and sustainable initiatives that generate true ROI.

With a wealth of experience in the corporate world, Mia brings a preventative approach that helps businesses introduce workplace wellbeing into their daily, professional routines. Equilibrium is an integrated solution, online resource, and physical space that enables professionals to thrive in work and life.

By empowering employees with the tools to enhance their personal and professional wellbeing, Equilibrium enables businesses to strengthen and scale for optimal performance.

The average Australian business is spending more than \$23k to hire 1 candidate. [The Industry Benchmark Survey, 2021]

63% of employees are more likely to remain at a company that takes measures to improve wellbeing. [Wellness at Work, 2022]

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“It's the continuous focus on wellbeing that provides maximum benefit to our staff. We see huge value in the consistent wellbeing engagement, but also the ability to access wellbeing specialists - experts in their field - who we're not able to access consistently otherwise.”

**TOM CRAPP
HUMAN RESOURCES DIRECTOR, MAXCAP GROUP**

THE EQUILIBRIUM SUBSCRIPTION

Our subscription-based product offers employees the practical tools and education to develop habitual change for themselves and your business.

The Equilibrium subscription includes access to our online resource library and weekly communications around the holistic aspects of wellbeing.

Businesses can then add-on visits to EQ, where members put their learnings into practise, cultivate powerful networks and optimise their performance.

YOUR WELLBEING PARTNER IN PROFESSIONAL EXCELLENCE

As an Equilibrium Business Partner, you will be provided with a considered approach to support your wellbeing strategy, complete with onboarding, platform integration and implementation facilitated by the Equilibrium team.



ONBOARDING AND INTEGRATION PROCESS

BUSINESS-SPECIFIC ONBOARDING

We invest time in understanding your business and your people so that Equilibrium can effectively support your needs. From setup to reporting and communications, we work with you to ensure Equilibrium is successfully integrated within your business culture.

MEMBER-SPECIFIC ONBOARDING

We educate your employees on how to leverage and engage with our program, allowing members to apply their learnings to work and life. This leads to improvements in employee engagement, productivity, and a positive business culture.

DEDICATED PARTNER SUPPORT

Together we establish business objectives and define meaningful ways to support your internal performance metrics. Facilitating periodic reviews and opportunities for feedback, we ensure your business is equipped with information for improved member engagement and satisfaction.

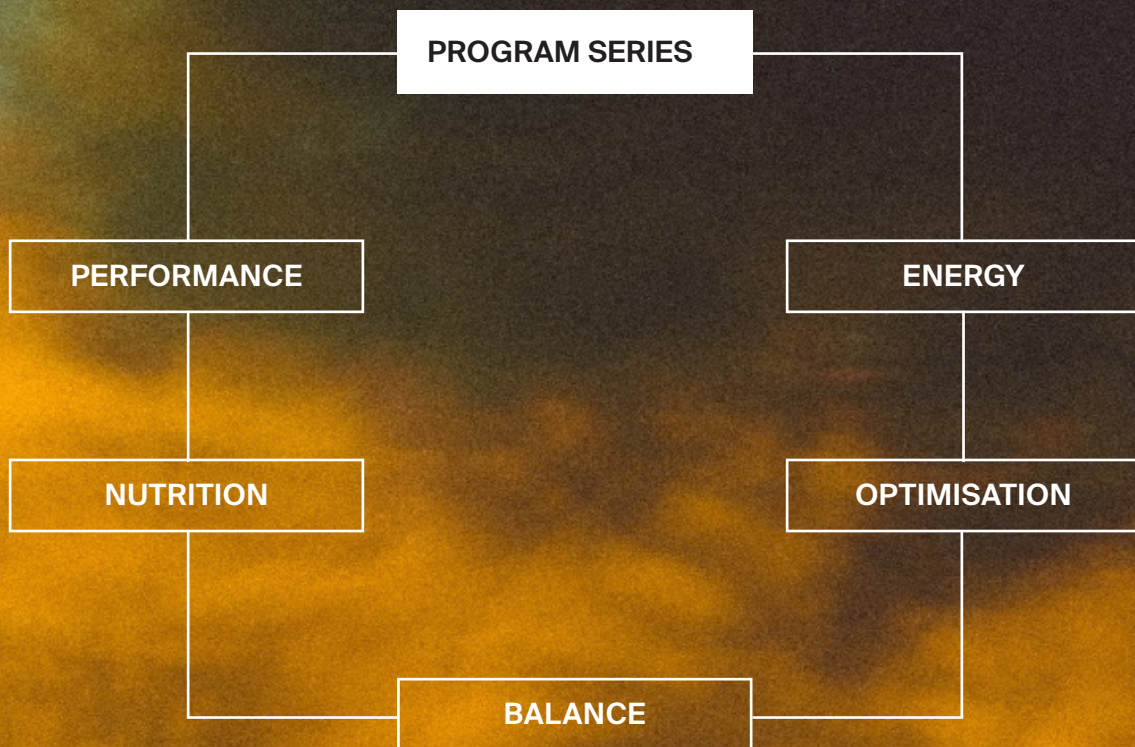


**PROGRAM ADVISOR
DR PETER BRUKNER
OAM, MBBS, FACSP, FACSM, FASMF, FFSEM**

Dr Peter Brukner is a medical doctor and world-renowned specialist sports and exercise medicine physician.

**Developed alongside health and wellbeing experts
– The Equilibrium Program combines delivers an impactful support system for today’s professionals.**

As a founding partner at the Olympic Park Sports Medicine Centre in Melbourne, former two-term president of the Australasian College of Sports Physicians, and former team doctor to Melbourne and Collingwood Football Clubs, Australian national swimming, hockey, athletics, soccer and cricket teams, as well as Liverpool Football Club, Peter understands the direct correlation between holistic wellbeing and peak performance in not only sport but everyday life.



OUR PRODUCT

Burnout culture isn't new. Decades of research point to mounting professional demands, declining job satisfaction, employee retention and health. Equilibrium is the solution. Equilibrium provides a comprehensive wellbeing toolkit delivered digitally and in person, enabling professionals and businesses to reach and maintain their full potential.

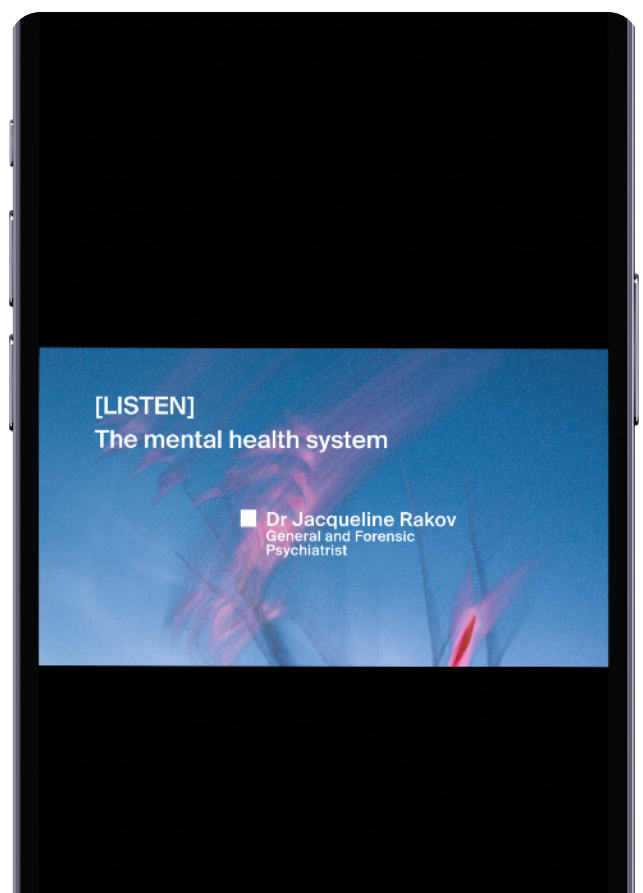
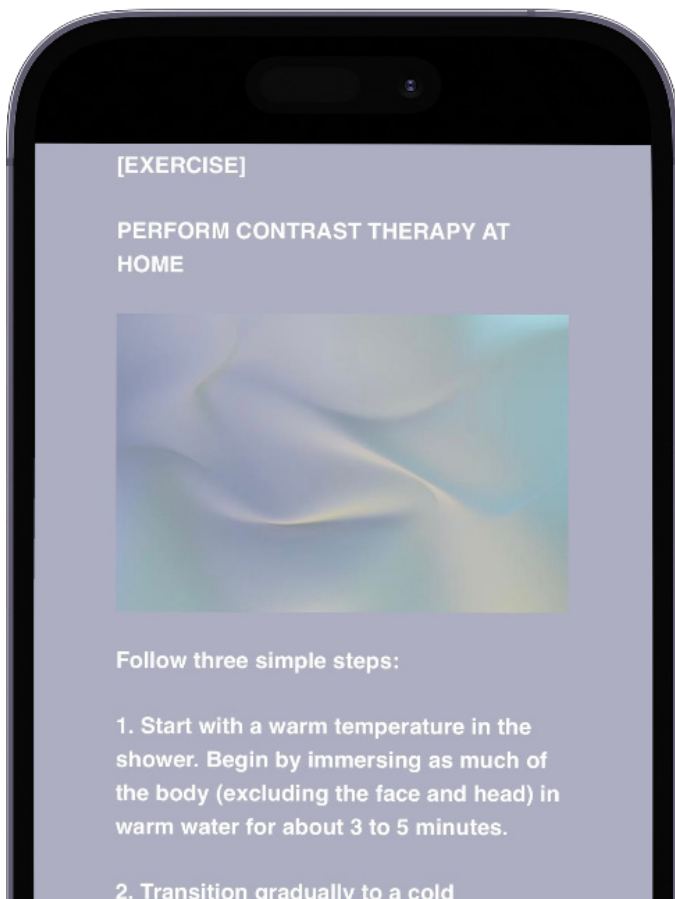
Many Australians are working harder and reporting greater exhaustion than pre-pandemic, particularly those people in their prime working ages (25 to 55 years).

- **THE EQUILIBRIUM PROGRAM**
An ongoing digital program for education, strengthening the mind and body, delivered daily.

A curated online platform featuring proven health and wellbeing practises to complement professional routines. Members will receive weekly learnings delivered directly to their inbox and unlimited access to resources on-demand.

- **EQ**
A physical realm to enhance learning.

Designed to complement the practises and philosophies of The Equilibrium Program, EQ offers members a dynamic space to remedy the pressures of a fast-paced corporate environment. Put learnings around the key dimensions of wellbeing into practice, with sessions designed to educate, de-stress and invigorate.



EQ - DOMAIN PRECINCT

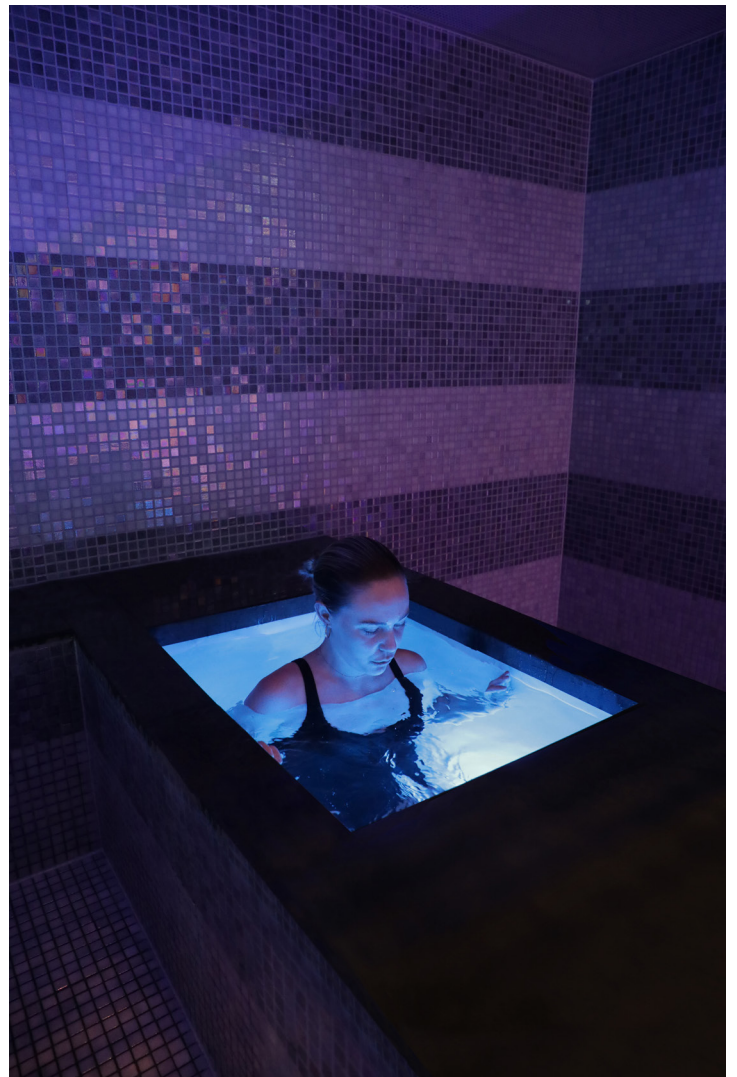
EQ is a wellbeing gateway. An immersive sensory experience designed to distil the best of wellness practices, introduce them and enable them to become lasting habits.

Stress, managed. Overwhelm prevented. EQ is an immersive space helping people navigate the challenges of professional and personal life.

Half-day wellbeing journeys at EQ have been curated for the modern professional. Each journey offers an introduction to wellbeing practices, designed to be enjoyed in the moment, and then implemented at home. Explore our immersive educational theatre room, light and sound therapy dome, meditative breathwork retreat, hot and cold therapy zones, and a social lounge designed for connection and conversation.

Guests leave reinvigorated and equipped with the knowledge to incorporate these proven wellbeing practices into their daily lives.





CONNECT

Get in touch for further information, support and next steps.

Email: enquiry@eq-wellbeing.com

ENGAGE

LinkedIn: [Equilibrium](#)
Instagram: [eq_wellbeing](#)

MORE

Visit equilibrium-wellbeing.com to explore how Equilibrium can support your business to thrive, starting with the individual.