



Corporate Challenges

Looking for a way to engage employees in a wellness challenge? Wishing Well Works has a variety of challenges to offer. All challenges come with program marketing, registration, assessments, and prizes. We can also provide optional evaluation of each program, kick-off events, and other add-ons.

HEALTHY HABIT CHANGE CHALLENGE

Healthy Habit Challenge

12 weeks of learning new healthy habits. This is an opportunity to learn about tiny changes employees can make to their lives that can benefit overall well-being. Participants will receive weekly emails, a personal workbook, and weekly sessions. Optional quizzes can be added to the program. We will cover habits like staying hydrated, sleep habits, stretching and others.



Waikiki Walking Challenge

This is a 6-8 week walking challenge (client choice). Participants will pick teams of co-workers or make it an individual challenge. This program can have a kick-off that includes lunch for 30 people and additional employees can be added for a small fee. There are weekly challenges to keep the excitement going. The top three teams to walk the most win prizes!

Mission FITpossible

This is an 8-week virtual fitness competition. At the beginning of the challenge participants will take a pre-assessment measuring body fat %, waist and hip inches, and a fitness test. Each week participants receive an email with 2 virtual workouts, an invitation to a webinar on a specific nutrition or exercise topic and a weekend warrior challenge to complete. The prizes go to the employee who loses the most body fat %, loses the most collective inches, or increase their fitness capability the most. One prize per employee.



Walk the Plank Challenge

This is a 4-6 week challenge where employees walk the plank and earn 'Plinko' Chips. At the end of the challenge we will have an awards ceremony where winning teams get trophies and each individual can earn prizes with the chips they collected throughout the challenge.



QUICK 15

Q15 Challenge

This is a 10-week challenge where participants are tasked with bettering their overall well-being. We will do a pre and post assessment before and after the challenge to measure success. Participants will be provided with weekly 15-minute webcasts, workouts, and more as part of this fun challenge.



Wonders of The World Walking Challenge

Join us for a 6-week walking challenge around the world! Participants will walk the number of steps needed to visit each Wonder of the World. Prizes and trophies are included along with an awards ceremony



Beat the Suite Walking Challenge

This is a 6-week walking challenge where team members compete against the executive management. At the end of the challenge, we will have an awards ceremony for the group that takes the most steps throughout the challenge!



Kindness Challenge

This is a 4-week challenge where employees are encouraged to do nice things for one another. Each week there will be a feel-good educational topic. Employees will complete kindness clouds when they see someone being kind or someone was kind to them. There will be weekly and overall goals for the office to meet. Additionally there will be personal challenges revolving on kindness towards ourselves.