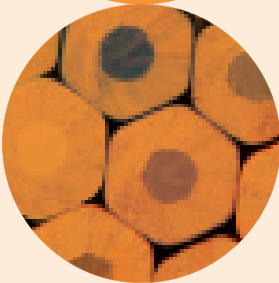


**hercules** academy

A HOLISTIC APPROACH FOR YOUR  
CORPORATE WELLBEING PROGRAMME

*Happy people  
Happy employees*



# *Corporate wellbeing*

THE QUESTION IS NO LONGER  
'WHY', BUT 'HOW'?

## WHAT?

PROVIDE YOUR EMPLOYEES WITH KNOWLEDGE AND MOTIVATION TO MAKE INFORMED LIFESTYLE CHOICES THAT RESULT IN ENERGY, ENGAGEMENT AND ENTHUSIASM IN ALL AREAS OF LIFE AND WORK.

## HOLISTIC APPROACH

THE KEY TO A SUCCESSFUL CORPORATE WELLBEING PROGRAMME IS TO WORK ON MULTIPLE LEVELS, BOTH ON THE INNER AS ON THE OUTER LEVEL

## 4 MODULES

1} *Mental*    2} *Physical*    3} *Nutrition*    4} *Social*

*“Know yourself  
and you will know the World.”*

*Delphi Oracle*

# *01* } ***Mental*** ***MODULE***

- Personality types
- Core Talents®, step stones for personal growth
- Personal evolution towards leadership
- Handling anxiety and fears
- Stress management
- Genetic predetermination
- Individual pitfalls for burn-out and depression



*“Fit is not a destination.  
It is a way of life.”*

# 02 } *Physical* MODULE

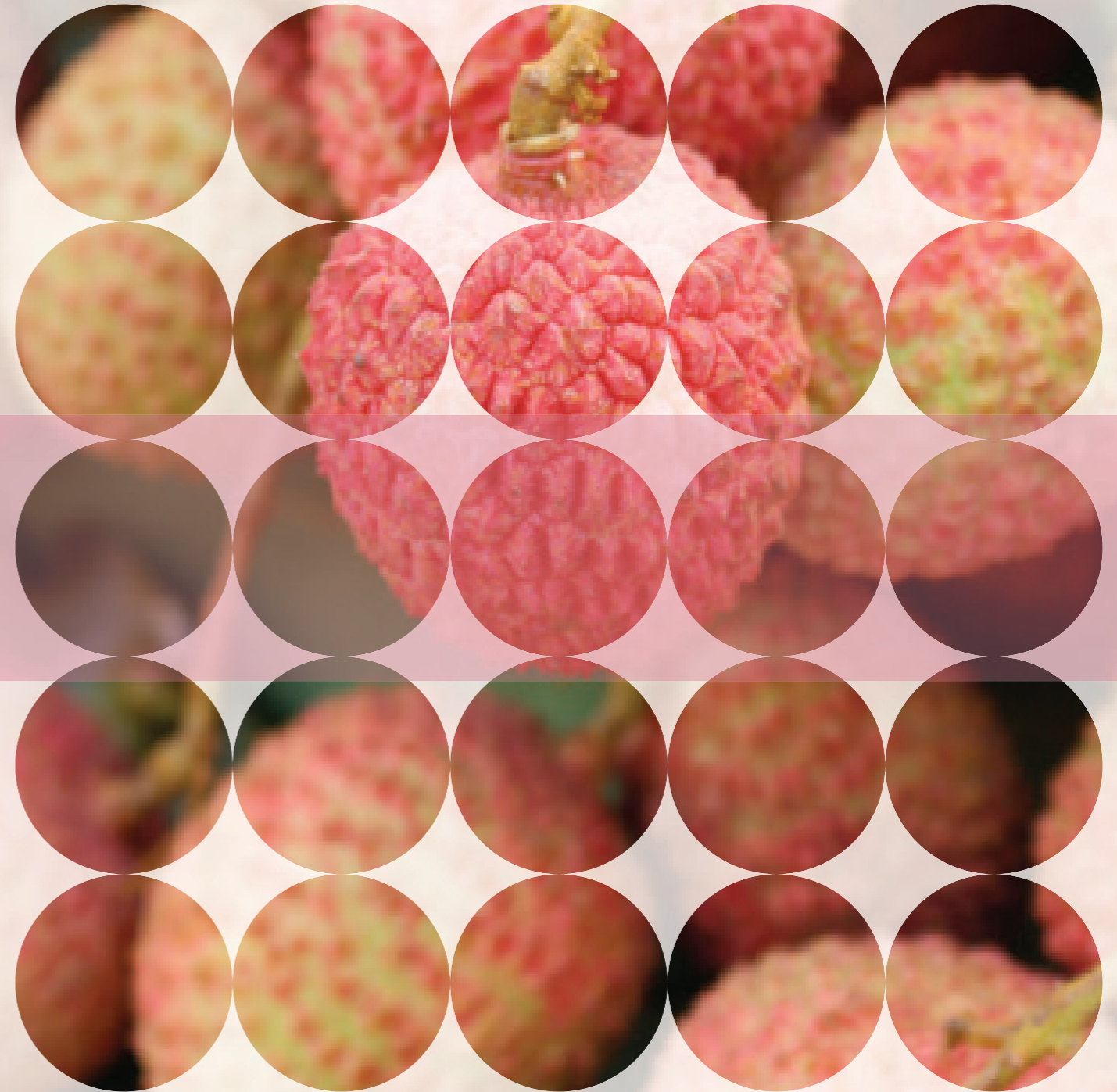
- Active life
- "Fit at your desk" exercises
- Functional training for corporate athletes
- Principles of healthy movement: Action Fit & Training Principles (injury prevention)



*“Food is essential to life.  
Therefore, make it good.”*

# 03 } ***Nutrition*** MODULE

- Psychology of food
- Handling sugar addiction
- Cooking workshops
- The corporate athlete's buffet
- Easy tips & tricks for a daily menu
- Energy level awareness and control



*“If you can laugh together,  
you can work together.”*

*Robert Orben*

# 04 } *Social* MODULE

- Connection with the world
- Communication skills
- The perfect team
- Change Management
- Corporate goals and values/spiritual capital
- Happiness at work



# Who WE ARE?

Hercules Academy is a division of the Herculean holding, owner of Hercules Trophy International and the Herculix Foundation. The Hercules Academy team consists of the people behind the Hercules Trophy, the concept that has revolutionized the corporate teambuilding and networking industry. Noticing the remarkably positive effect of the Hercules Trophy on thousands of participants, we had to try and convert the Herculean feeling into a state of happiness that people can reach on a daily basis. The Hercules Academy supports business people in their quest for a balanced life that combines (hard) work with an active, healthy lifestyle, continuous self-development and stronger interpersonal relations resulting in a happier family and social life.

All the ingredients that seem spontaneous during the Hercules Trophy like sports for everyone, resonance between people, open minds, natural leadership, connection with the world, etc. are culminated in the Hercules Academy modules, in an atmosphere of fun and without pressure.

The synergy of former athletes/coaches with the Hercules DNA and +20 years of experience in psychology and psycho-energetics has resulted in a unique approach with unseen results on the soul of your employees.



# *Herculean* COACHES

The Hercules Academy works with certified coaches with a solid background in the field of sport, functional training, nutrition, personality types and organizational behaviour. Every module contains the latest methods, tips and tricks of the top sport world, adapted to the corporate environment. All theories and activities are based on the key points of success needed for professional athletes. The Herculean coaches provide you a theoretical background with immediate integration in your own life.

*THE AIM IS TO BECOME A HERO IN YOUR OWN LIFE.*

The famous Herculean Coaches working with the Hercules Academy are Sabine Appelmans (former tennis player), Gella Vandecaveye (former World Champion and Olympic Medallist Judo), Leo van der Elst (former soccer player, World Championship), Piet den Boer (former soccer player, Eurocup) and Serge Haubourdin (tennis coach & Master in Psycho Energetics).





**hercules** academy

*Book your  
programme now!*

OPTIONS

- HERCULES ACADEMY À LA CARTE (CHOOSE YOUR MODULE)
- ONE DAY SEMINAR "THE ULTIMATE HERCULEAN TEAM"
- 1 MONTH PROGRAMME FROM 2 MODULES
- 6 MONTHS FULL PROGRAMME

CONTACT US NOW ON [INFO@HERCULES-ACADEMY.COM](mailto:INFO@HERCULES-ACADEMY.COM)

