



THRIVE WORKPLACE

High-Pressure Work. Human Care.

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Dear HR Leader, Dear Director,

You didn't build this team just to meet targets.

You built it to do meaningful work—together.

But if you've walked your office lately, you've felt the strain:

- The staff member who's always "fine"—but hasn't laughed in months.
- The rising tension masked as "personality clashes."
- The quiet exits—not from better offers, but from exhaustion, isolation, or moral injury.

You know that productivity without humanity is fragile.

And you know that discipline rarely heals what's broken inside.

Yet without support, you're left reacting—to breakdowns, not preventing them.

What if there was another way?

What if Your Workplace Could Become a Sanctuary—Not Just a Space of Output?

At Thrive Workplace, we believe every SME can be a place where:

- Staff feel safe to be human, not just productive.
- Leaders respond with wisdom, not worry.
- Distress is met with care, not consequences.

We don't run one-off workshops and leave.

We become your embedded psychosocial partner—so you never have to choose between performance and people.

Two Clear Ways to Partner

✦ OPTION 1: THE PROACTIVE JOURNEY

KES 70,000/month (up to 40 staff)

Build resilience before crisis hits:

- ✓ Monthly theme (e.g., Resilience, Relationships, Peaceful Mindset)
- ✓ 20-day experiential practice (3–7 min/day via Thrive Grounding Cards)
- ✓ 1 Finale Workshop (2.5 hrs) to integrate learning
- ✓ Digital toolkit of all practices and reflections

For teams ready to grow together—without disruption.

🔥 OPTION 2: FULL PSYCHOSOCIAL PARTNERSHIP

KES 130,000/month (up to 40 staff)

Everything in Option 1, plus emergency support:

- ✓ Weekly Toll-Free Sanctuary Window (e.g., Wed 1–4 PM)
- ✓ Emergency psychotherapy access within 48 hours (personal or HR-referred)
- ✓ Confidential, licensed care—never reported to management
- ✓ HR Crisis Coaching—so you respond with care, not fear

For leaders who want both prevention and protection.

📄 Transparent & Fair

- Pricing scales for teams over 40 staff (custom quote)
- No hidden fees—all therapist time, materials, and facilitation included
- Flexible payment: Monthly or quarterly
- Scholarship pricing available for NGOs, clinics, and faith-based SMEs

We believe every Kenyan workplace can afford to care.

? Common Questions

“Can we start with Option 1 and add Option 2 later?”

Yes—but bundling both from the start saves KES 10,000/month and ensures full integration.

“Is therapy mandatory?”

Never. All support is optional, confidential, and voluntary.

“How much time does this take?”

Just 5 minutes/day for practices. Workshops are scheduled in advance. Therapy is on their terms.

“What if we only need crisis support?”

Option 2 includes both prevention and emergency care—because the best safety net is woven before the storm.

👉 Next Step: A Conversation, Not a Pitch

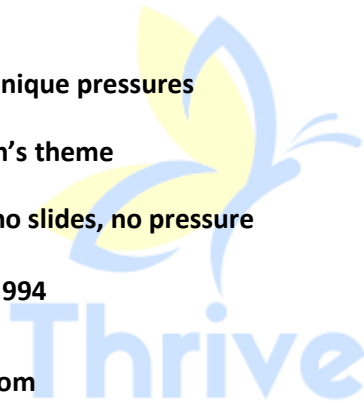
We’d be honored to:

- Understand your team’s unique pressures
- Co-design your first month’s theme
- Answer your questions—no slides, no pressure

📞 Call/WhatsApp: +254 758 701 994

✉ Email: hello@thrive.co.ke

🌐 Learn More: www.zolacares.com



“Great work begins with whole people. Let’s protect theirs.”

Who We Are

Thrive Workplace is a dedicated arm of Zola AllCare—Africa’s emerging psychosocial and physical infrastructure committed to ensuring no one walks through hardship alone.

As part of the Zola family, Thrive carries forward a shared mission: to build sustainable, consent-based systems that protect the human spirit in every setting where people serve, learn, and grow.

While Zola AllCare oversees a holistic ecosystem—including rehabilitation (Elaris) and mentorship (Sensei)—Thrive focuses exclusively on workplaces, equipping SMEs with the tools, training, and trusted support they need to nurture resilient, whole-hearted teams.

We are not just a service provider.

We are long-term stewards of well-being—rooted in African soil, designed for generational impact.