

THE HLC PROGRESSIVE

WEB APP (PWA)

PLATFORM FOR SMMES

Because your business doesn't run on vibes, it runs on people.

As a business owner, you know that growth depends on your people, their focus, energy, and ability to work well together.

But most small businesses don't have HR departments or wellbeing teams. That's where HLC comes in.

The **HLC Progressive Web App (PWA) Platform** gives you a ready-to-use, branded engagement hub that helps your team stay motivated, connected, and supported, every single month.

Each month, your business gets access to:

- **6 new articles** on wellbeing, leadership, and communication
- **30 short, expert videos** designed for everyday workplace realities
- **1 monthly challenge** to get teams learning and participating together
- **1 live online session** led by an HLC wellbeing expert
- **A built-in community hub** where your employees can post, share, and connect

Built for Growing Businesses

The HLC Progressive Web App (PWA) Platform helps you grow people while you grow your business.

Our content is practical, local, and designed to help both employees and managers:

- Build stronger communication and leadership skills
- Improve motivation and teamwork
- Manage stress and energy better
- Strengthen company culture and morale

More Than Wellbeing It's Engagement That Works

At **Healthy Living Consulting (HLC)**, we believe in wellbeing with purpose, uplifting health, nurturing the spirit, awakening potential, and helping teams thrive together.

The HLC Progressive Web App (PWA) Platform turns those values into a daily reality for small and medium-sized businesses giving you the tools to create a team that's not just productive, but proud to belong.

“WHEN YOUR PEOPLE THRIVE, YOUR BUSINESS PERFORMS.”

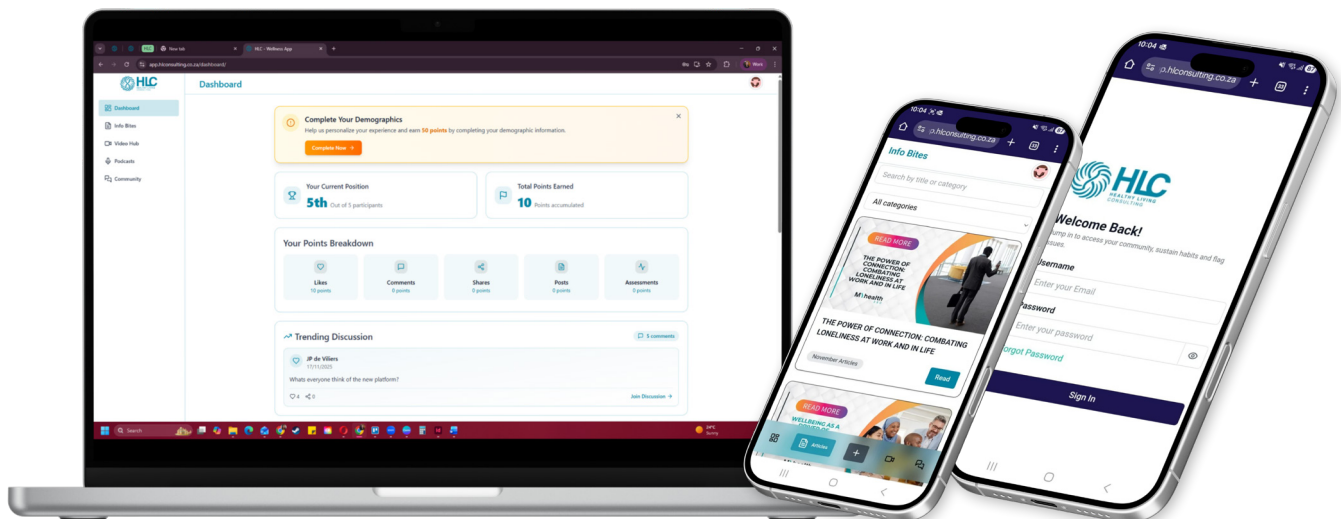
Fractional Wellbeing Services



When you're ready to do more, our **Fractional Add-On Services** give your business flexible access to HLC's experts without long contracts or hiring costs.

Service Type	Description	Rate (excl. VAT)
Online Masterclass (1 hour)	Soft skills, leadership, resilience, or wellbeing topic.	R4,500.00
Soft Skills Micro-Courses / Toolkits	Communication, emotional intelligence, conflict management.	From R1,200 per topic
Content Development (Custom)	Creation of articles, videos, infographics, or digital campaigns aligned to a client's unique culture, values, and engagement needs. Topics are informed by employee data, survey insights, and observed engagement trends on the HLC Progressive Web App (PWA) Platform. Ideal for deep-diving into priority areas such as resilience, inclusion, communication, or leadership alignment.	R550/hour
Survey Design & Engagement Report	Bespoke surveys with insights and recommendations.	R5,500 per survey
Fractional Wellbeing Expert Access	Nutritionist, Fitness Coach, Life Coach, or Counsellor.	R800/hour or R4,500 per session
Fractional Wellbeing Partner Retainer (Monthly)	A flexible 10-hour bundle combining strategic wellbeing advisory, leadership enablement, and tailored content support. Can be used for consultation, campaign design, employee engagement strategy, or custom wellbeing content creation. Delivered virtually or hybrid.	R7,500 per 10-hour pack

Add these services anytime to deepen impact, from leadership development and custom content to expert wellbeing support.



Support That Cares

While the focus is on engagement and performance, the platform also quietly connects your people to trusted mental health partners like SADAG, CANSA, HEART & STROKE and the TEARS Foundation ensuring help is available when needed, without making it the spotlight.

“ A culture of care doesn't need to be complicated, it just needs to be there. ”

Why SMME Owners Choose HLC



Affordable, scalable, and built for small teams



Engages employees and builds culture naturally



Supports leaders, managers, and employees alike



Backed by South Africa's leading wellbeing experts

Call to Action

Start building a connected, motivated, and thriving team with the HLC Progressive Web App (PWA) Platform — built for growing South African businesses that care about their people and performance.

Tier	Team Size	Monthly Fee (excl. VAT)	Annual Option (1 month free)
Starter	5–25 employees	R2,500	R27,500
Growth	26–150 employees	R3,500	R38,500
Scale	151–300 employees	R4,500	R49,500
Advanced	301–500 employees	R7,500	R82,500

All packages include:

- A **branded HLC Progressive Web App (PWA) Platform** with your company identity
- A growing **library of wellbeing, leadership, and communication content**
- **Monthly live sessions and challenges** to drive engagement
- A **community hub** that connects and recognises your people
- **Analytics and insights to track engagement and performance**

Add Fractional Wellbeing Services anytime to deepen your impact — from Masterclasses and Toolkits to Custom Content and Strategic Advisory.