



Having Good Health and Wellbeing in the Workplace

We have developed a range of workshops to suit individual and organisational needs. They vary from two hours to half a day, to our more extensive one day program. Please see below for details.

All our workshops are tailored to the organisation, the setting, time constraints and the needs of the workplace. Conference presentations can also be arranged.

Bring your business back to life

Many workers are facing critical health issues due to long-term habits and lifestyle choices – and the effect on workplaces is dramatic. There's no denying it; employee wellbeing has a direct impact on the bottom line. Sick people mean a sick business.

Workplace stress and illness lead to low staff morale, plummeting productivity, soaring absenteeism and presenteeism, a boom in compensation claims and workers who seek escape in lifestyle behaviours like alcohol abuse, drugs and over-eating.

Many business leaders focus on profits, and not the wellbeing of their people. The savvy ones, who recognise the importance of employee wellness, reap the rewards of an energised, committed and more productive team.

Health & Wellbeing Training Consultants have seen the results first-hand. Through our health and wellbeing programs, we've helped hundreds of workers to manage their stress and be mindful, quit smoking, lose weight and improve their work-life balance.

A resilient business is a thriving business!

Generic Health & Wellbeing Workshop Outline

Depending on time, our health and wellbeing workshops provide participants with information on:

- identifying habits and concerns
- how to achieve and maintain good health and wellbeing, including a healthy work-life balance
- decision making and effective planning, including practical strategies that are easy to use
- support services available for staff to access

Our one day workshop provides greater detail than our shorter sessions, as well as many opportunities for your staff to reflect and review.

Non-threatening group activities are also incorporated throughout the day.



One Day Good Health & Wellbeing Workshop (9am – 4pm) *Learning to live your life with good health and wellbeing*

If you would like your staff to increase their confidence, knowledge and skills, and overall would like to make positive lifestyle changes, then this program is ideal for your workplace.

The one day workshop provides information on:

- identifying habits and concerns
- how to achieve and maintain good health and wellbeing (including nutrition, physical activity, weight loss/management, quitting smoking, effective communication and sleeping well)
- how to achieve and maintain a healthy work-life balance (including tracking time, setting goals and creating boundaries between personal life and work life)
- understanding stress and its effects, as well as learning how to manage and reduce stress in beneficial ways (including the use of mindfulness exercises)
- a range of behaviour change strategies that are easy to use and practical, including goal setting and planning to help participants take action to improve their quality of life and overall health and wellbeing
- support services available for staff to access

Little steps, lifelong strides

In our workshops and programs, we share insights that build robust mental health for a thriving workplace, with practical and achievable steps. We help to bring businesses back to life through a culture of positive lifestyle change. The results for individuals and businesses are astounding! Increased staff morale, fulfillment and productivity and reduced absenteeism, presenteeism, and compensation claims.

Interested and would like a quote?

If this lifestyle topic is relevant for your staff, then this workshop is ideal for your workplace. For a free, no obligation quote on one, or all our workshop programs, please [contact us](#).