



# Quitting Smoking 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!***

## ***Quitting Smoking Workshop Outline***

Depending on time, our quit smoking workshops provide participants with information on:

- understanding addiction and why smokers continue to smoke
- decision making and the importance of planning
- understanding the use of quitting medications
- electronic cigarettes – are they safe and effective 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.



## **Quitting Smoking Workshop (9am – 4pm)** **Learning to be smokefree**

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:

- understanding addiction and why smokers continue to smoke
- decision making and the importance of planning
- the challenges of quitting (managing weight gain, using a smoke to take a break, managing stress, grief and other upsetting emotions)
- understanding the use of quitting medications and how to use the products correctly
- electronic cigarettes – are they safe and effective to use?
- relapse prevention and remaining smokefree in both the short and long term
- a range of useful behaviour change strategies that will help guide staff into action
- 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](#).