



WORKPLACE WELLNESS FOR STAFF WELLBEING

Do you want your workplace to thrive? Be a place of innovation, productivity, high morale, learning and collegial support?

We seek to understand what your people need to enhance their work life, and create tailored presentations or programs to meet those needs and objectives. It might be keeping people safe. Educating and empowering them with well evidenced, accurate health knowledge. Engaging and motivating people to take responsibility for their health and wellbeing. Or perhaps to increase their resilience in times of stress.

We know how to help people create optimal health.

EXAMPLES OF PRESENTATION TOPICS

- ✓ Sleep well : Optimal sleep
- ✓ Master Your Stress : Lifestyle practices that work
- ✓ Stay well : Bolster immune function
- ✓ Mood Food : Food for Mental Wellness
- ✓ Positive Psychology : How to build a PERMANatly better life
- ✓ Greens for Optimal health : How to get your daily requirement
- ✓ Super Optimal Nutrition : Nutrient dense, not energy dense
- ✓ Maturing Wisely : Aging Well
- ✓ Balancing the Hormones : Women's Health
- ✓ Meditation without incense : Relaxation & Mindfulness training
- ✓ Reducing the Strain : Combating sedentary risk factors
- ✓ Party well : Minimising harm
- ✓ Sparkle Detox : Cleansing support in today's world
- ✓ Lighten : Living healthy weight
- ✓ Memory, thinking and healthy brains
- ✓ Intermittent fasting for optimal health
- ✓ Roller Coaster Energy : Coffee, sugar & alcohol : how to change the ride

Get in touch to discuss how we can help your team.