

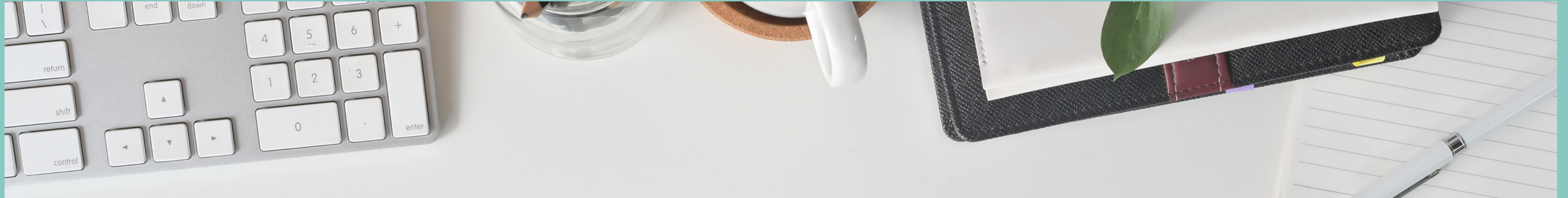
HEALTH AND WELLBEING

CORPORATE WELLNESS PROGRAM

Helping you to achieve health, happiness and success
in the workplace

www.1111healthandwellbeing.com

Why is wellness in the workplace important?



Investing in the health and wellbeing of your employees builds resilience, reduces absenteeism, boosts creativity and innovation. Wellness is not just about addressing illness and symptoms of disease, but helping employees maintain and move towards long-term health and wellbeing.

It's not just good for your employees, but it's good for your business, workplace wellness helps to:

- ★ Enhance productivity and employee engagement
- ★ Lower cost of leave and absenteeism
- ★ Reduces staff turnover - leading to lower recruitment, training, and lost productivity costs
- ★ Attract and retain the best talent
- ★ Strengthen your teams connection and workplace culture

Give your team the resources to deal with stress and reduce the impact of the modern workplace which sees us spending more time on a screen, working longer hours and in more sedentary ways than ever before. We spend significant time at work, make this a healthy place to be for your team and support their long term wellness.

Elements of Wellness



We look at wellness from eight different elements, these are the most common elements that have the biggest impact on individuals wellness.

You don't need to prioritise all elements, however you cannot have holistic wellness if you neglect any element.

These elements are closely related and making changes in one element can have flow on effects to other elements.

Everyone has different lifestyles therefore action plans and habits must be tailored to each individual's preferences and needs

Packages Available

Wellness Workshop

We come to your workplace for an interactive workshop with your team. This package includes facilitation, presentation slides and handout materials for participants, 1.5hrs is recommended to complete this workshop.

This session will cover:

- Check-in meditation
- 8 Elements of Wellness
- Wellness Assessment
- Goal setting exercise
- Action planning
- Movement breaks
- Questions and answers

Your team will learn about how the eight elements of wellness support individual health and wellbeing, generate ideas to support individual wellness so that participants walk away with a personal action plan to support their wellness.

Wellness Program

Over 6 weeks, we run 4 x 1 hour interactive sessions each fortnight with your team. These sessions will cover the material in the Wellness Session, with greater support, accountability and coaching to help embed lasting habits.

The fortnightly sessions will cover:

1. 8 Elements of Wellness and Wellness Assessment
2. Goal Setting and Action Planning
3. Check-in and adjustments
4. Embed and reassess

Having multiple sessions, will hold your team to account, support them to embed habits and allow them to make adjustments as they work towards long term change.

Tailor Made

Depending on the time you have available, size of your team and budget, we can tailor made a package just for you.

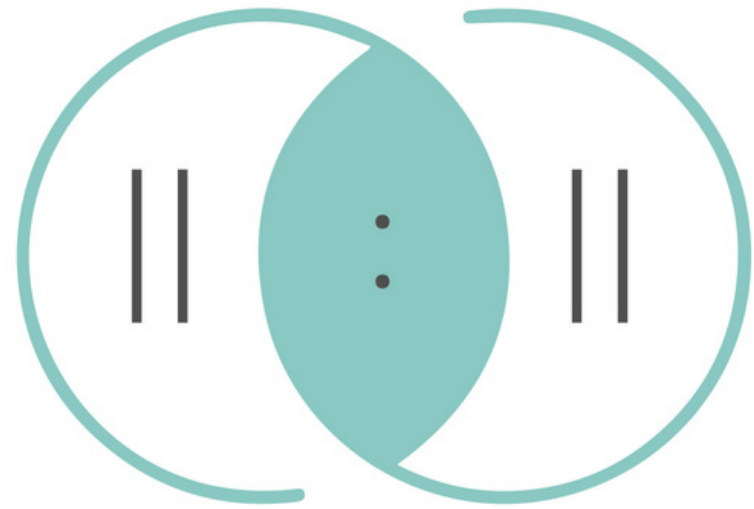
This could include:

- One on one coaching for individuals
- Group coaching sessions
- Emails and communications to maintain momentum and accountability
- Hybrid or online sessions
- Yoga and meditation classes
- Personal Training sessions

Testimonial

"The session was great, we had some positive feedback from staff who really enjoyed it, particularly the chair yoga and self-reflection exercises. Following the session, I've noticed some staff were talking about how they prioritised their self-care over the weekend and how they are continuing to work towards their wellness goals."

Evelyn Scott School



HEALTH AND WELLBEING



Jo Carroll

Professional Coach (Wellness)
Yoga Teacher (200hr)
Director, 11:11 Health and Wellbeing
Fellow of CPA Australia
Certified Internal Auditor
Wife, Mother, Daughter, Friend



Connect with us today:

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