

Health and Wellness At Work

"The higher your energy level, the more efficient your body. The more efficient your body, the better you feel, and the more you will use your talent to produce outstanding results." Anthony Robbins

The health and wellbeing of employees is directly linked to their productivity. A happy and healthy workforce is a more productive workforce. Research has shown that health and wellness programs at work can help improve the company culture, reduce absenteeism, attract talent and even save money!

Our Health and Wellness at Work Course will be instrumental in creating a "culture of wellness" within your organisation. Participants will experience the benefits of a healthier lifestyle and workplace. The course will touch on common issues such as nutrition & weight loss, mindfulness and preventative care among others.



Course Objectives and Content

KEY LEARNING OBJECTIVES

1. Assess health and wellness program needs.
2. Plan a health and wellness program.
3. Implement a health and wellness program.
4. Maintain a health and wellness program.

WHO IS THIS FOR?

This course is suited for Health and Wellness committees or anyone responsible for employee health and wellness in any organisation.

COURSE CONTENT

1. Definition of a health and wellness program; productivity, cost of health care, costs of absenteeism.
2. Types of health and wellness programmes; health behaviours, health screenings and maintenance, mental health, physical injuries.
3. Healthy behaviour programs; increasing physical activity, nutrition and weight loss, tobacco cessation, substance abuse treatment.
4. Health screenings and maintenance programs; preventive care screening, cancer screening, annual examinations, maintenance programs.
5. Mental health programs; stress management, support groups, counseling, awareness and education.
6. Evaluate the need; review current and previous programs, environmental factors, identify common health conditions and procedures.
7. Planning process; form a health and wellness team or committee, define goals, budget, program and policies.
8. Implementation; get management support, test it out, get the word out, incentives.
9. Create a 'culture of wellness'; accessible healthy eating options, give them a break, alcohol, drug and smoke-free work environment, eliminate hazards.
10. Evaluate results; check the results, employee satisfaction, revise plans as necessary, share achievements.

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