

HEALTH SEMINARS

Rediscover your mojo and vitality...

Join us at one of our two hour health seminars:

Resilience Booster Seminar

Take effective stress management one step further and learn to be resilient.

Includes topics such as:

- managing negative cognition
- responding versus reacting
- optimistic thinking to recover quickly and boost buoyancy

Vitality Seminar

Focus on what you can do, not what you can't do.

Empower yourself to take control of your life.

- managing diet, exercise, activity and wellbeing to the best of your ability
- create healthy habits and routines

Wellness Coaching

One on one sessions to check your personal circumstances, create achievable targets and take on board professional advice.



Feedback from Participants

(Qld State Government Department)

- "Very informative and highlighted a lot of things I am going through right now"
- "Excellent workshop. I got a lot out of it"
- "I think this should be compulsory for all staff. Thanks so much!"
- "Good session; created awareness plus offered practical solutions"
- "This presentation was enormously helpful and very well presented. Thank you"
- "Interesting talk and discussion about issues and your outlook on life. Anything that stimulates your thinking about your physical and mental wellbeing is helpful"
- "Very well presented. Great material. Relevant and engaging :)"

Workplace Wellbeing



Work-related mental disorders take a huge toll on worker health and productivity, with the negative impact felt by individuals themselves, their families and colleagues



Mental Health is costing Australian workplaces \$145.9 million in compensation claims according to PwC.

According to Australian Institute of Health and Welfare, the most commonly reported health issues are:



18%

Cardiovascular disease



18%

Mental health conditions



16%

Back pain and problems

Join us at one of our workshops and we will give you the tools to change your life...