

THE START OF HAPPINESS, INCLUSION, INNOVATION + PEAK PERFORMANCE

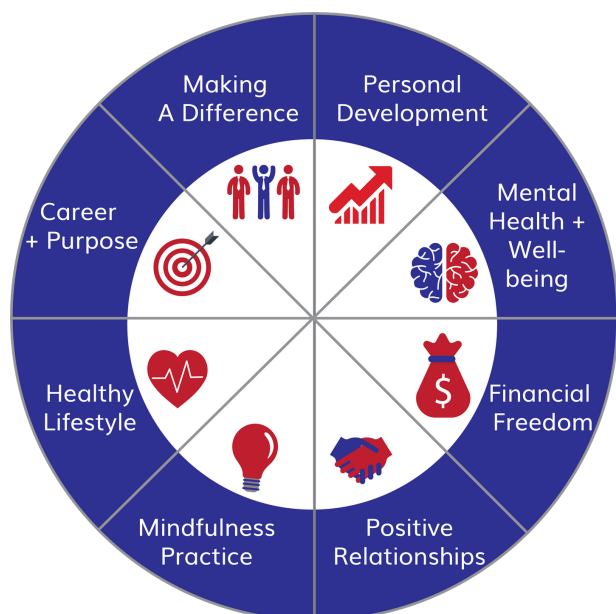
Customise a program format that best compliments your organisation's workplace wellness strategy. Participants will benefit from intimate, interactive sessions offering a balance of education, inspiration and motivation.



Studies have shown that properly designed wellness programs can deliver significant benefits, with an average rate of return of between 2:1 and 5:1 for every dollar spent.

ACHIEVE A MORE MEANINGFUL CAREER WHEN CAREER + PURPOSE ALIGN

- **Mental health + wellbeing** strategies for a lasting positive impact. Promote resilience for increased productivity and workplace wellness.
- **Build positive relationships** founded on mutual trust and respect through effective listening and communication techniques.
- Encourage the balance of physical activity and nutrition for a **healthy lifestyle**.
- **Personal development** and professional growth through self-awareness of strengths, weaknesses and emotional insights for greater selfconfidence.
- **Mindfulness practice** to increase productivity and creativity for a happy, balanced + successful life.
- **Making a difference** gives to others and is good for the giver boosting physical and mental wellbeing.
- Achieve **financial freedom** to achieving your life goals.



OUTCOMES

- Learn unique insights, strategies and skills to increase self-awareness, confidence and self-esteem for inclusion and peak performance.
- Build personal and professional leadership qualities, - the foundation to living a happy + balanced + successful life.

FLEXIBLE FORMATS

- 90 Minute Topic Workshops
- Power of 8 Workplace Wellness Program