

WELLNESS AT WORK



Healthy Individual = Healthy Team = Healthy Organisation

Wellness is more than being free from illness, it is a conscious process of change and personal growth.

Objective

- Understand the various dimensions of Wellness
- Self Analysis
- Tools to manage Wellness at Work
- Make your own Action Plan

Benefits

For Corporates

- Employee Engagement
- Boost Productivity
- Better teamwork and build camaraderie
- Lower absenteeism
- Increase retention
- Increase job satisfaction
- Employee morale and foster stronger organizational commitments

For Individuals

- Increase healthy behavior and curb risk of lifestyle related disease
- What is in it for ME
- Identify your Wellness Goals
- Get an Action Plan
- Fostering a positive outlook on life



**19 January 2019 | 9.30 - 1.30 | Malad West
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