



What is a Wellness Programme?

Duration: 1.5 hours

Audience: Human Resources staff, Managers and Senior Administration, Unions

Demystify Wellness. Attend this workshop to get a clear understanding of what is a Wellness Programme, why your organization should implement one and how to be successful.

- **Overview and Background**
- **Deciphering the Wellness lingo**
- **Making the Shift Towards Proactive Prevention**
- **Defining the Key Elements of a Healthy Workplace**
- **Stats and Facts: Costs and Causes of Unhealthy Workplaces**
- **Influencing Psychosocial factors Affecting Health**
- **Conditions for Success**
- **Introduction to the Steps in Planning a Wellness Programme**