

## Optimising Employee & Workplace Wellbeing

Most organisations are starting to understand the links between individual wellbeing and organisational performance. DFP has been working with a number of partners nationally to help companies in adopting a well informed and strategic approach to employee wellbeing. In our next session we are assembling some wellbeing specialists to provide a practical discussion on a range of strategic wellbeing initiatives and an opportunity to explore best practice workplace health promotion.

Our presenters will provide different perspectives on key factors that drive wellbeing at work and various initiatives that can help organisations maximise their wellbeing programs.

The session will take participants through the following:

- Understanding the benefits of a focus on staff wellbeing
- Provide advice on best practice strategies
- Strategies to help reach the employees who could benefit most
- Discover various positive psychology methods to improve mental wellbeing at work and at home
- Learn how to enable employees and organisations to flourish, optimising wellbeing and resiliency
- Help workplaces access a variety of resources available to improve wellbeing programs
- A Q&A session that allows participants the opportunity to get answers to their workplace wellbeing questions

This session will help you to assess your wellbeing strategy and assist you to achieve a focus on initiatives that help your employees and organisation thrive.

### Session Details

**Date:**

Thursday 12 May 2016

**Location:**

Fraser's Restaurant  
Fraser Avenue, West Perth

**Session Time:**

7:15am arrival  
Session will conclude at 10:30am.

Attendance at the Forum is complimentary and will include breakfast.

**Please RSVP to:**

Tom Hatch on 03 8632 9952 or  
email [thatch@dfp.com.au](mailto:thatch@dfp.com.au)  
**by Friday 6 May 2016**

**dfp.com.au**

### The Presenters



DFP is pleased to host this event and partner with Healthier Workplace WA, Diabetes WA and People Diagnostix. We will have wellbeing experts that bring a wealth of knowledge, practical experience and a range of accessible resources to share. Our presenters will offer various perspectives on workplace and individual wellbeing to help you improve your wellbeing strategy.