



WELLNESS WORKSHOP

WHAT'S WELLNESS WORTH?

Five steps to boost your wellness ROI

Join us to learn how to get more bang for your wellness buck and work through ways to implement these steps at your workplace. Meaningful wellness is about implementing relevant metrics, making wellness part of BAU and customising solutions to best suit your workplace. We'll use a combination of research and case studies to show how you can prioritise wellness requirements and maximise ROI.

Specifically, this session will cover:

- The importance of setting a baseline and identifying organisational priorities
- Examples of regular wellness communication, education and events that won't cost a fortune
- How and why you need to introduce targeted interventions to support those who need it most
- The data points you can use to track and measure success.

Presented by NIB Wellness Manager, Gretchen Masters, you will walkaway with ideas, inspiration and practical strategies to improve the wellbeing of your people.

SESSION DETAILS:

Date: Thursday 15 November 2018

Time: 8.45am arrival for 9am start. Session concludes at 10.45am

Venue: nib Governor Macquarie Tower | Level 18, 1 Farrer Place, Sydney

RSVP - Tom Hatch by 9 November 2018 | thatch@dfp.com.au

Light refreshments provided

Cost: Complimentary for up to two colleagues