



Improving Employee Health, Resilience and Engagement

DFP has been working with a number of partners to help organisations in adopting a strategic approach to employee wellbeing. Our next session will focus on strategies to improve the health of your workforce and address;

- Issues that can impact on an organisation's performance - stress, illness, absenteeism, disengagement and poor resilience
- Possible causes of these issues, focusing in particular on chronic disease, research into causes and impact
- Prevention and management of chronic health issues - lifestyle, exercise, nutrition, mindfulness
- How a wellness program can help achieve organisational goals. Strategies to boost immunity, energy, engagement and productivity
- Sharing relevant case studies that demonstrates the results achievable from an integrated program
- Effecting behavioural change - what components can lead to a successful work place program with measurable outcomes

This interactive session will assist leaders and HR professionals in affecting behavioural change and influence the success of wellness programs.

Session Details

Date:

Wednesday 25 November 2015

Location:

DFP Recruitment
Level 8, 379 Collins St
Melbourne

Session Time:

8:45am arrival for 9am start.
Session will conclude at 10:30am.

Attendance at the Forum is complimentary and will include light refreshments.

Please RSVP to:

Tom Hatch on 03 8632 9952 or
email thatch@dfp.com.au

by Friday 20 November 2015

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CORPORATE
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The Facilitator

Corporate Vitality Group Australia is an Australian company passionate about changing the health, wellbeing and productivity of Australian workforces and businesses.