



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 24 February 2016

Location:

Century Inn
Princess Highway,
Traralgon VIC 3844

Session Time:

12pm arrival for 12:30pm start.
Session will conclude at 2pm.

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

Please RSVP to:

Briana Tomasinski on 03 5176 3140
or email gippsland@dfp.com.au
by Friday 19 February 2016

dfp.com.au

The Facilitator



CORPORATE
VITALITY
GROUP
AUSTRALIA

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