

# Healthy Workplace Activities & Programs



## 1300 694 357

- **Counselling**
- **Workplace Support Visits**
- **Training**
- **Health Checks**
- **Critical Incident Support**

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# Wellbeing...

## The KPI for life



### Eating Well

- Fruit boxes
- Recipe sharing
- Lunch club
- Eat well for a week challenge
- Dietician visit
- Weight management program
- Cooking demos



### Physical Health

- Physical challenges
- Walking groups
- Yoga sessions
- Work fun run team
- Gym subsidy
- Cycling
- Spinal Check (free)

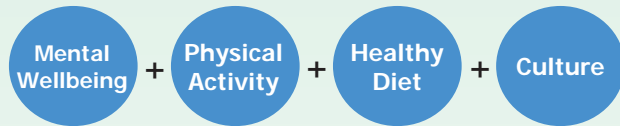


### Mental Health

- Engage KPI for life
- Create your workplace culture
- Awareness programs
- Prevention workshops
- Intervention skills training
- Team building activities
- Book club



# What does a healthy workplace look like?



## The benefits for you as an employer...

Workplaces who encourage a focus on employee health and wellbeing can enjoy:

- Increased employee morale
- Higher staff satisfaction
- Improved staff health
- Higher worker engagement
- Increased productivity
- Reduced absenteeism
- Greater team cohesiveness
- Improved staff retention
- Fewer injuries and workers' compensation claims
- Being an employer of choice.

# How can you build a healthier workplace?

Ready, Set, GO...

1. **Appoint and empower a healthier workplace ambassador**
2. **Schedule programs and activities to promote wellness with help from KPI**
3. **Enjoy a healthier and happier workplace!**

## The Proactive EAP

### What does a resilient workplace look like?

Building a resilient workplace provides a protective factor for individuals, teams and the organisation to deal effectively with times of change, high pressure and stress.

#### ASIST - for senior members of staff

'Applied Suicide Intervention Support Training' is a two-day critical incident and suicide prevention course.

#### Conversations for Life (C4L) - for the whole workforce

This half day course will equip staff to be

ready, willing and able to have the difficult conversation around wellbeing.

#### A.L.E.R.T - for the whole workforce

An awareness workshop designed to increase understanding about depression, anxiety, resilience and suicide, including warning signs to watch out for.

#### Support Visits

Trained staff drop in to provide assistance and build supportive relationships.

#### Tune-up Time

Quick 20 minute health checks in purpose built van with trained staff and nurse.

#### Critical Incident Response

Support from professional counsellors in response to a critical incident effecting your workplace.

#### Confidential Counselling

Confidential support on or off site with qualified counsellors.

#### Information Sessions

Presented by our staff covering a range of topics including bullying, stress, time management and financial literacy.