

BE WELL

THE RELATIONSHIP BETWEEN WELL-BEING, WORK AND BEING PRESENT.

Poor mental and physical health in society today is on the rise. The effects on productivity, performance and increased absenteeism levels in the workplace are significant. Creating a culture of well-being to attract and retain talent is vital. The time is now to take action and support your people to be happier, healthier, and more productive through this BE.WELL program.



THE ESSENTIAL ELEMENT OF WELLBEING

Creating a wellbeing culture to improve your team's ability to stay focused mentally and physically is essential in business today. The BE.WELL program is designed to help your employees succeed in their job and stay in your business.

The BE WELL workshop will:

- Benchmark the current state of wellbeing in your workplace.
- Support participants to take responsibility for their health and wellbeing.
- Increase awareness on how to be at your best.
- Build confidence.
- Increase productivity and performance.

LEADERSHIP DEVELOPMENT

HOW IT WORKS

The BE Well program comprises a comprehensive diagnostic tool to benchmark overall wellbeing, followed by a debrief workshop.

Participants will receive their results and strategies to improve their wellbeing and the workplace.

WHAT YOU'LL LEARN

- The key drivers of wellbeing.
- Strategies to improve your wellbeing.
- The link between wellbeing and professional relationships.
- Goal setting wellbeing techniques.



BUSINESS OUTCOMES

- *An understanding of how wellbeing drives people and performance.*
- *Increased awareness of wellbeing in the workplace.*
- *Productive and engaged people.*
- *Greater levels of staff satisfaction.*
- *Enhanced business culture.*

MEET LIZ

Liz Nair's purpose is, 'to inspire people to win.' Liz is passionate about helping businesses to thrive by getting the most from their people.

An experienced leader, innovator, facilitator, and coach. Her strengths include leading large teams through transformation and change and developing new business models that work.

Liz has a management degree and is a practitioner of Neuro-Linguistic Programming (NLP), Neuroscience for Business, Adesso Well-Being, Emotional Intelligence (EI), and Whole Brain Thinking using the HBDI.