

Wellness@Work™

Stress, pressure and uncertainty are a strain on our bodies and our minds. To navigate our lives effectively, there are a number of areas that require our attention. When we get this right we are happier, healthier, mentally sharper and overall, we are more successful.

The 6 CYLINDERS of Wellness™

There's a world of advice out there on wellness and it's hard to keep track. Evidence and experience however shows us that there are 6 clear areas for us to focus on if we are to be at our best.

In this 60-90min workshop we share these 6 cylinders as well as the neurology of wellness to help you understand your current wellness profile and identify where you can improve to be at your best.

WHY this is Important?

People with higher scores on the 6 cylinders experience the following:

- ✓ Lower stress levels
- ✓ Increased performance & productivity
- ✓ Greater mental alertness & agility
- ✓ Higher sex drive
- ✓ Lower fatigue & more energy
- ✓ Higher self esteem
- ✓ Better problem solving
- ✓ Fresher & more youthful appearance
- ✓ Greater life and career satisfaction.



OUTCOMES

For individuals

Each individual walks away with a **wellness profile and action plan** to be at their best. A **follow up assessment after 6 weeks** keeps people accountable to their plan and promotes sustained change.

For companies

We prepare a wellness report for your group to give you an overall assessment of wellness, stress and energy levels.

The 6 week follow up reports on the factors that have changed for your staff and the impact on the business.

NEXT STEP

All you need to do is organise the room and invite your staff, we'll do the rest.

Contact us to discuss how we can help your business to be more effective.

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