



Business Event Offerings

Health & Wellbeing workshops

focused on effective stress management and self-care strategies to increase energy, engagement and productivity.

Choose from our 5 sessions or we custom design sessions, workshops or programs to meet your specific needs and objectives.

Employee Wellbeing

IT IS YOUR BUSINESS!

STRESS IS THE TOP HEALTH-RELATED ISSUE FOR COMPANIES

(as cited by 47% of employers surveyed).¹

Helping employees **manage STRESS** is one of the top 5 ways to strengthen a company's retention programs.²

"There is a fundamental recognition that wellness supports sustainable engagement and that **a healthy employee is a productive employee.**"

(Mike Blake, Wellbeing Lead at Willis Towers Watson).

"Organisations cannot afford to dismiss the importance of stress management. **Disengagement levels more than double among highly stressed individuals**, having an impact on morale, productivity and, ultimately, loyalty to a business and its objectives."

(REBA, Rewards & Employee Benefits Association)

46% of workers who reported having **high levels of stress** said that they **would leave their employer if they could – more than double** the figure among workers experiencing low stress.¹

40% of **highly stressed workers are disengaged**, compared with just 17% of employees experiencing little stress.¹

Highly-stressed workers have **twice as many days off sick** and **twice the level of presenteeism** as less affected colleagues – hitting productivity. This culture of high absence and low engagement, fuelled by prolonged stress, **encourages high staff turnover**, with workers more likely to regard their working situation as unsustainable.

1. Rewards & Employee Benefits Association (REBA), Global Benefits Attitudes Survey (GBAS), 2017.

2. According to the employers who participated in the Willis Towers Watson's Global Talent Management and Rewards Study, 2016.

Event Offerings

➤ Effective Strategies to Prevent & Relieve Stress

Learn effective strategies and develop a personal plan to prevent or reduce feelings of stress before it occurs, as well as "in the moment" or after a stressful period.

Key Questions:

- Can I do anything to prevent stress?
- How can I reduce/minimise my reaction to stressful situations?
- What can I do when I am feeling very stressed (at work and/or home)?

Outcomes:

- Be more prepared, equipped, and resilient to prevent and handle stressful situations.
- Effective strategies and a plan to relieve stress while it is occurring and after.

➤ Elevate Your Energy and Performance

Identify personal energy boosters and energy detractors, and form a strategy to increase energy and productivity at work, play and home.

Key Questions:

- How do I overcome low energy, low motivation, slump, afternoon sluggishness?
- What the relationship between energy, stress, & performance?

Outcomes:

- Individuals identify, create and thus bring more energy (and authentic, real energy) to work, social and home life, resulting in improved performance.

➤ Work Smarter, Not Harder

Shift mindset from "work harder" to "work smarter" and identify pragmatic actions to achieve more through doing less.

Key Questions:

- How can I be less stressed and more productive and effective (at work and home)?
- How can I achieve better work/life balance and still perform well at work?

Outcomes:

- A mindset shift from "work harder" to "working smarter".
- More productive and effective individual and team outcome, as well as job fulfilment/satisfaction and lower stress.

➤ Self-Care: The Importance & How to Find the Time

The importance of self-care as a success factor in giving your best to the things that matter most in your life (personal health, career, family, friends, passions and interests).

Key Questions:

- What are the signs, consequences and irony of neglecting self-care?
- How am I currently doing with taking care of myself and personal needs and interest, and how can I improve?
- What are the most important self-care items to help with stress prevention?

Outcomes:

- Improved feelings of self-worth, confidence, value, health, productivity, relationships, happiness, and lower stress.
- Apply pragmatic ways to make time for self-care from the list of activities/options.

➤ Sleeping Your Way to Productivity & Longevity

Learn ways to help promote and improve sleep, and why quality sleep is so important to our health, especially our longevity and brain function.

Key Questions:

- What is happening when we sleep?
- What are the short and longer term effects of sleep deprivation?
- What can I do to help promote and improve my sleep?

Outcomes:

- Improved sleep, energy, focus, productivity and effectiveness in all areas of life (work, home, relationships).
- Improved employee health and immunity, and workplace safety.

Customising the Session to Meet Your Needs:

Sessions are typically designed to be approximately 60 minutes; however, most sessions can be tailored to accommodate various timeslots ranging from 30 to 90 minutes. Some sessions can also be split into multiple sessions, or sessions can also be expanded or combined to create a larger workshop program, including interactive exercises and breakout groups.

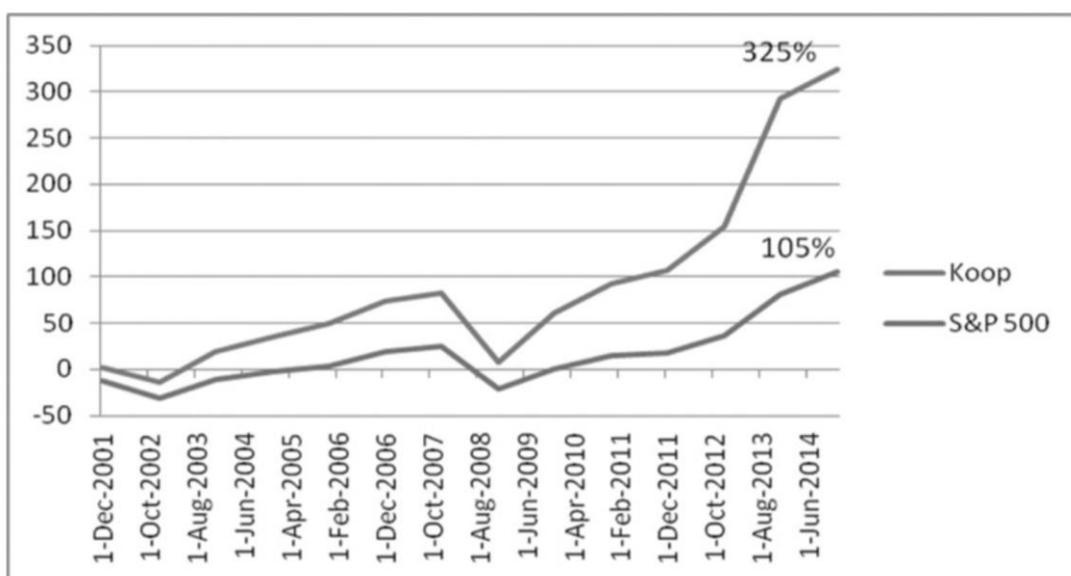
Pricing:

As sessions are tailored to meet your specific needs and objectives, it is best to request a quote for services at www.elevateyourlifecoaching.com.au/businessesvents, or send an email to steph@elevateyourlifecoaching.com.au explaining your requirements.

Business Results

ELEVATE PERFORMANCE

Companies that won the Koop Award (for having outstanding health & wellbeing programs) significantly outperformed the S&P 500 Index by more than threefold. The stock values for the portfolio of Koop Award winners' appreciated by 325% compared with the market average appreciation of 105% (over the 14 years tracked).³



Cumulative stock performance (in %) of Koop Award Winners compared with the S&P 500 Index (2001–2014).

The stock values for a portfolio of companies that received high scores in a corporate health and wellness self-assessment appreciated by 235% compared with the S&P 500 Index appreciation of 159% over a 6-year simulation period.⁴



Stephanie Sullivan is a dual certified Life & Health Coach and founder of Elevate Your Life Coaching PTY LTD. She has 17 years of experience as a Business Consultant, and 6 years of experience as a Business Executive. Steph is passionate about helping people to reduce stress, increase energy, productivity and wellbeing in order to achieve their personal and career goals.

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3. Ron Z Goetzel et al. *The Stock Performance of C. Everett Koop Award Winners Compared With the Standard & Poor's 500 Index*. Journal of Occupational and Environmental Medicine, 2016 Jan;58(1):9-15
 4. Grossmeier et al. *Linking Workplace Health and Promotion Best Practices and Organizational Financial Performance*. Journal of Occupational and Environmental Medicine (2016), 58(1), 16-23.