

SAMPLE PROGRAM, 600 STAFF

HSG was contracted to design and implement an annual program for a company with 600 employees in three locations across Australia. Specific goals included improving staff wellbeing, stress management skills and building morale using cost-effective methods.

<p>January</p>  <ul style="list-style-type: none"> • Consultation: Review of working environment • Program launch and relaxation sessions 	<p>February</p>  <ul style="list-style-type: none"> • 10-minute seated massages • Stress less tips • Latest health and wellbeing news 	<p>March</p>  <ul style="list-style-type: none"> • Stress Management and Resiliency seminars • Latest health and wellbeing news 	<p>April</p>  <ul style="list-style-type: none"> • 10-minute seated massages • Latest health and wellbeing news
<p>May</p>  <ul style="list-style-type: none"> • Winter Wellbeing seminars • Healthy Cooking sessions • Latest health and wellbeing news 	<p>June</p>  <ul style="list-style-type: none"> • 10-minute seated massages • Healthy recipes and seasonal foods • Latest health and wellbeing news 	<p>July</p>  <ul style="list-style-type: none"> • Fitness classes and goals • Healthy recipes and seasonal foods • Latest health and wellbeing news 	<p>August</p>  <ul style="list-style-type: none"> • 10-minute seated massages • Fitness program updates • Latest health and wellbeing news
<p>September</p>  <ul style="list-style-type: none"> • Stress Management and Resiliency seminars • Fitness program updates • Latest health and wellbeing news 	<p>October</p>  <ul style="list-style-type: none"> • Yoga and Breathing classes • 10-minute seated massages • Latest health and wellbeing news 	<p>November</p>  <ul style="list-style-type: none"> • Yoga and Meditation classes • Summer Wellbeing sessions • Latest health and wellbeing news 	<p>December</p>  <ul style="list-style-type: none"> • 10-minute seated massages • Seasonal gift bags • Latest health and wellbeing news