

SAMPLE PROGRAM, 120 STAFF

HSG was contracted to design and implement an annual program for a non-profit with 120 staff undergoing structural change, featuring a Health Expo to begin the financial year. It aimed to implement a total staff wellbeing strategy and provide ongoing physical, mental and emotional health benefits.

<p style="text-align: center;">July</p> <p style="text-align: center;"><u>Half-Day Organisation-Wide Wellbeing Event</u></p> <ul style="list-style-type: none"> • Speakers on healthy lifestyle, communication skills, stress management • Team building activities • Massage booths • Program information handouts 	<p style="text-align: center;">August</p>  <ul style="list-style-type: none"> • 5-week Leadership Development Course begins • Naturopathy mini-consultations with each employee • Consulting: Review of organisational policy 	<p style="text-align: center;">September</p>  <ul style="list-style-type: none"> • Comfortable Computing workshop • Ergonomic software added to workstations • Naturopathy program continues • Consulting: Redesigning facilities to promote healthy eating 	<p style="text-align: center;">October</p>  <ul style="list-style-type: none"> • Team Building: Healthy cooking challenge • 8-week optional Stop Smoking course begins
<p style="text-align: center;">November</p>  <ul style="list-style-type: none"> • Mindfulness Meditation class • Consulting: Creating a holistic organisational culture 	<p style="text-align: center;">December</p>  <ul style="list-style-type: none"> • Mindfulness Meditation class 	<p style="text-align: center;">January</p>  <ul style="list-style-type: none"> • Team Building: Art therapy program • Comfortable Computing refresher • Business coaching was added to address a specific staff issue 	<p style="text-align: center;">February</p>  <ul style="list-style-type: none"> • Yoga class • Communication skills workshop
<p style="text-align: center;">March</p>  <ul style="list-style-type: none"> • Yoga class • Laughter workshop 	<p style="text-align: center;">April</p>  <ul style="list-style-type: none"> • Team building: African drumming and percussion • Better Sleep workshop 	<p style="text-align: center;">May</p>  <ul style="list-style-type: none"> • Tai Chi class • Boosting Your Immunity seminar 	<p style="text-align: center;">June</p>  <ul style="list-style-type: none"> • Tai Chi class