

LEADING CHANGE

STRENGTH4LIFE provides a real and authentic approach to developing **work** and **life skills** through an **holistic 'down-to-earth'** solution of awareness, reflection, planning and taking action.

We offer fully tailored options to meet the specific needs of your organisation and provide your employees with valuable **TOOLS** to be the best they can be in life – both **personally** and **professionally**.

Helping your employees **BE THE BEST** they can be!

The **STRENGTH4LIFE** solution is different.

Aligned with Maslow's Hierarchy of Human Needs, we encourage employees to focus, reflect, plan and act upon their own 4 pillars.


BODY MIND HEART SPIRIT

PROGRAM COMPONENTS


Mix and match to suit your needs!

CORE SESSIONS

Modules held in a workshop environment



PEOPLE MANAGEMENT
Choose from 12 modules (see over)



WELLNESS
Choose from 6 modules (see over)

plus

STRENGTH4LIFE offer a variety of flexible options to best meet the needs of your business



1:1 COACHING SESSIONS
personal and/or professional development (anything goes!)



BUDDY GROUPS
meet informally to discuss program related topics



WORKPLACE BASED PROJECT
(ongoing on the job) to apply learning

RETURN ON INVESTMENT

There is a wealth of emerging evidence indicating that successful health and wellbeing support provides an excellent return on investment.

Benefits for the organisation include:

25.3% decrease in sick leave absenteeism

40.7% decrease in workers compensation costs


















24.2% decrease in disability management costs

save \$5.81 for every \$1 invested in employee health and wellbeing

Source: Chapman, L.S 2007, Proof Positive. An Analysis of the Cost Effectiveness of Worksite Wellness

EXAMPLE JOURNEY #1 18 Modules over 6 months

See over for example 2

	Month 1	Month 2	Month 3	Month 4	Month 5	Month 6	Outcomes
WORKSHOPS 18 Modules/Training Sessions (3 sessions in a day)	<div style="display: flex; justify-content: space-between;"> <div style="width: 15%;">PEOPLE MANAGEMENT MODULES</div> <div style="width: 85%;">  </div> </div>						 Certification of Completion
	<div style="display: flex; justify-content: space-between;"> <div style="width: 15%;">WELLNESS MODULES</div> <div style="width: 85%;">  </div> </div>						 Life Plan
1:1 COACHING SESSIONS (x 3)							 Personal Focus
BUDDY GROUPS (x 6)							 Strong ongoing workplace relations
WORKPLACE BASED PROJECT (on the job)							 Project Presentation

STRENGTH4LIFE

ideas and habits become part of the participant's life and will continue to provide consistent direction and motivation.

It's truly a **UNIQUE APPROACH**

Call Us on **0428 161 916** to find out more

