

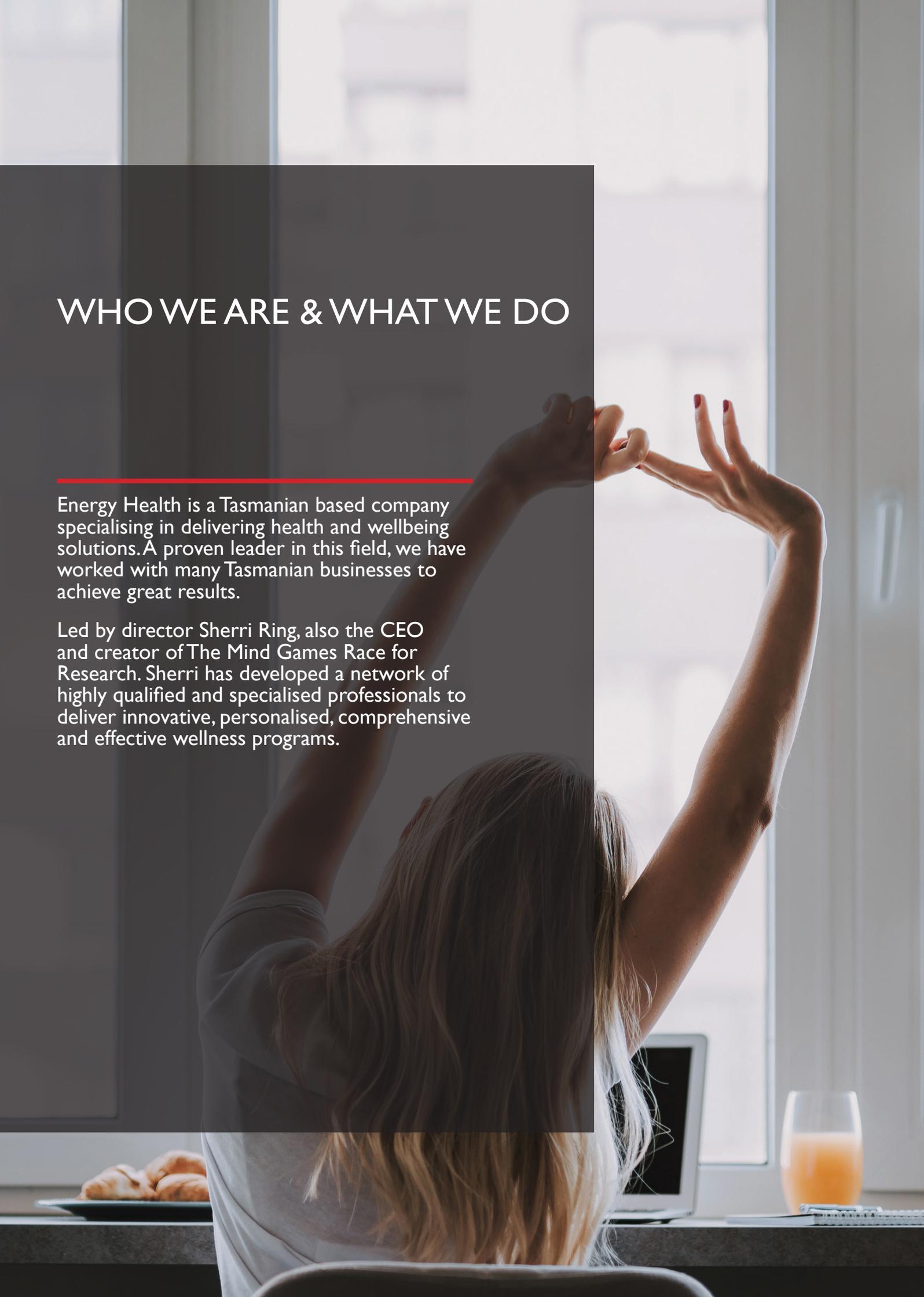


ENERGY HEALTH

HEALTHY EMPLOYEES ARE OUR BUSINESS

HEALTH, WELLBEING, INJURY RISK, PRE-HAB, TEAM BUILDING, HEALTHY CULTURES

**ENERGY HEALTH
WORK WITH
ORGANISATIONS
TO CREATE A
CULTURE OF
HEALTH**



WHO WE ARE & WHAT WE DO

Energy Health is a Tasmanian based company specialising in delivering health and wellbeing solutions. A proven leader in this field, we have worked with many Tasmanian businesses to achieve great results.

Led by director Sherri Ring, also the CEO and creator of The Mind Games Race for Research. Sherri has developed a network of highly qualified and specialised professionals to deliver innovative, personalised, comprehensive and effective wellness programs.

BUSINESS CASE

- Every business is ultimately in the business of health, full stop.
- All businesses should consider the health of their employees, their customers, the environment and the community to really thrive and grow.
- Investing in the health and wellbeing of employees can save a business billions of dollars every year. In Australia, on average, absenteeism and presenteeism costs Australian businesses over \$44 billion a year, so identifying and addressing risks to employee health is critical to business success.
- It's imperative we understand, measure and ultimately improve wellbeing in the workplace to really thrive as a top company and brand.

THE BUSINESS CASE STATS

THE STATS

Absenteeism and presenteeism costs the Australian economy more than \$44 billion annually.

It has been estimated the real cost of recruitment in Australia can be upwards of 50 per cent of a person's salary.

One in five Australians (21%) have taken time off work in the past 12 months because they felt stressed, anxious, depressed or mentally unhealthy.

Organisations that don't promote health and wellness are four times more likely to lose talent within 12 months.

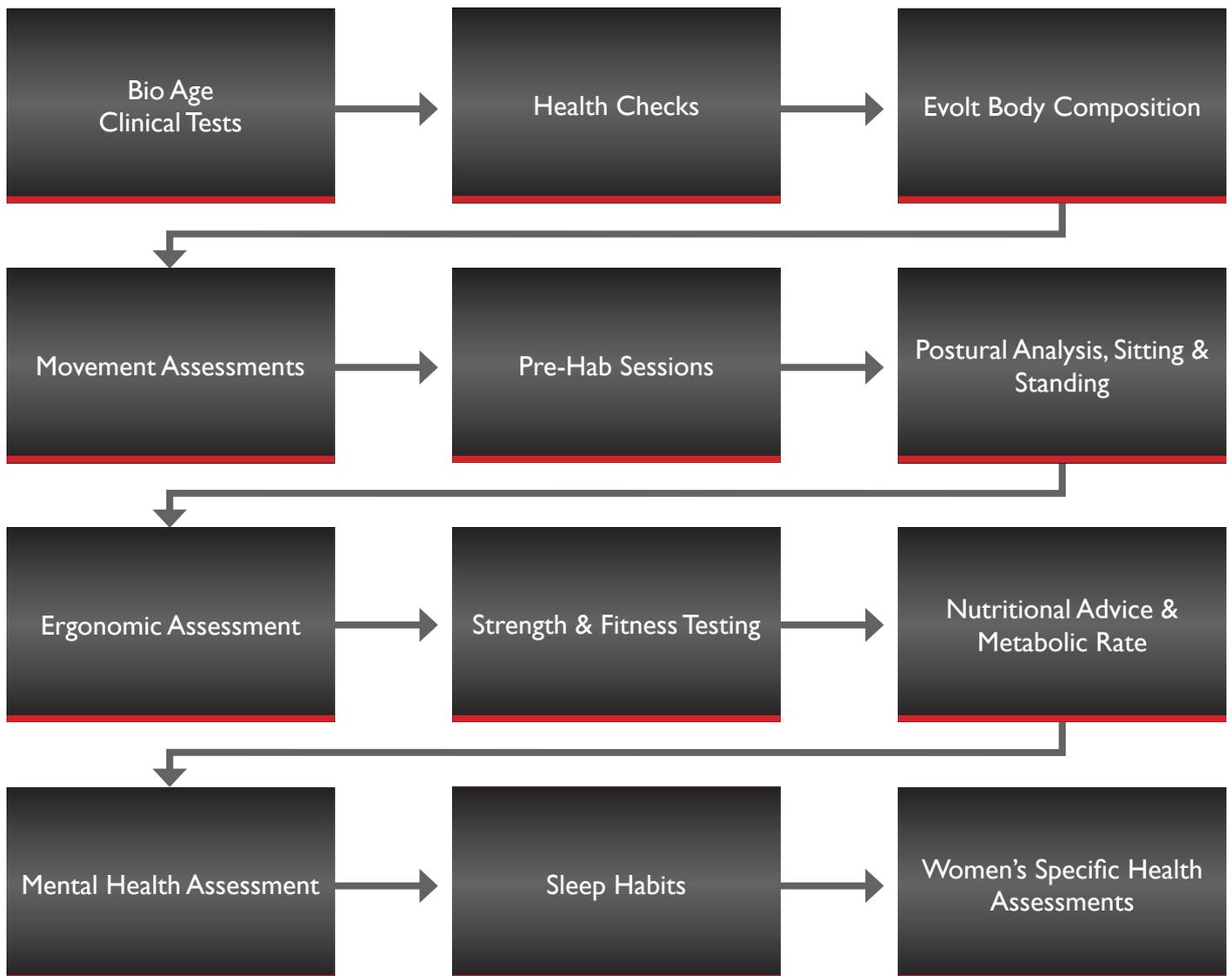
THE RESULTS

- Reduced absenteeism
- Reduced presenteeism
- Increased engagement
- Reduced work related musculoskeletal injuries
- Reduced work related mental health illness and time off work
- Increased employee retention
- Reduced costs in employee turnover
- Happy and productive employees who promote your brand
- Increased revenue
- Proven ROI's

THE PROGRAM OPTIONS

WHAT'S
INCLUDED

METRICS





INTERACTIVE WORKSHOPS

We think health seminars are outdated in today's sedentary workplaces. We get our teams involved; all of our workshops are interactive, and have you working together to help us help you build healthier cultures from the inside out.

See below some of our monthly workshops.

Sedentary Lifestyles

We are hardly going to ask you to sit still in this era we live in! These sessions teach you how to make small changes throughout your day which will make big changes to your health.

Healthy Hearts

We want those hearts pumping (at least a little). Cardiovascular disease is a major cause of death in Australia; we teach you how to make daily changes to reduce your risk.

Sleep

This doesn't mean we tuck you in to bed and sing you a lullaby. We teach you about the importance of getting enough sleep so you can thrive at work and play.

Hydration

Time to get drinking (toilet breaks are allowed!). Drinking enough fluid is crucial to maintaining the function of every system in your body.

Hormones

'Am I going mad?' understanding hormones, changing bodies and stress.

Healthy Eating

These sessions are discussions on all the information confusing us in this multi-billion dollar diet and health industry! Understanding how your gut works and how to eat for true health and not just weight loss.

Team Building PD Days

What can we say, these are the bee's knees if you are looking to build and inspire amazing teams. These can be from a one-hour express team session to a full day workshop.

Women's Leadership and Great Health

These are in conjunction with a business coach and us as your health coaches, they are an ongoing series of workshops and coaching.



PRE-HAB GROUP SESSIONS

The Group Pre-Hab program is exactly what the name says, its pre-habilitation, stopping injuries before they happen, improving movement restrictions caused from sedentary lifestyles and repetitive jobs. The sessions are conducted once or twice a week and involves various mobility and stability, exercises, foam rolling and pressure point release for the hip, spine (cervical, thoracic, lumbar), and shoulder to allow for the optimal function for work-related tasks and other performance measurements. The sessions focus on body parts that research has indicated to be of high importance for postural imbalances and musculoskeletal pain in today's workplaces.

Over time, we will provide group postural analysis, educational information on the importance of pre-hab, take-home exercises and all the equipment required to make this a results driven, hands on and measurable program. All of this whilst having the added benefit of working together in teams providing the added accountability when we are not present.

These group sessions aim to provide reductions in workplace musculoskeletal discomfort. Thoracic stretchers, therabands, stretch bands, pressure point balls, foam rollers and an ongoing program are provided with this program.



ERGONOMICS

Ergonomics is about designing the work environment for optimal human use. This includes safe working in both white and blue collar environments.

The work environment includes both the immediate physical environment and greater workplace environment.

The immediate environment is the equipment or tools an employee uses on a daily basis. The greater environment is the overall structure of the workplace.

A good ergonomic assessment involves not only looking at your employees' seating arrangements, but also how often they stand, their posture, equipment (including computers, keyboards, and machinery) and working environment. Addressing these things can help reduce costs and improve productivity in your business.

Fortunately, the most common injuries that are a result of bad ergonomics are preventable. Adjusting the work environment to suit individual employee needs reduces the risk of injury. We specialise in on-site training in ergonomics, tailored to your business and your industry.

Safety
first

Regulations

**WO
SAF**

Protection

Health

Proce

Danger

ONSITE WALKIE TALKIE SESSIONS

The Walkie-Talkie sessions are onsite sessions where we come to you!

We spend the day watching and assessing what you do, we might even give it a go ourselves, if we can, this helps us understand how it feels and what muscles are in play.

We design programs and have tools on hand to help make your job easier right there and then.

We talk to you about any issues or pain you might have and work with you on alleviating or correcting it.

We assess jobs and provide advice and exercises to prevent injuries before they occur!

We take the time to get to know you and your teams and become someone to come to for help and advice on all health and wellbeing.

We walk around your work sites and talk to your people about their general health and wellbeing, AKA Walkie-Talkie!



POSTURE CLINIC

Posture is the position you maintain while standing, sitting or lying down. You have good posture when your position creates the least amount of strain on supporting muscles and ligaments when you move or during activities. Maintaining good posture is beneficial in many ways.

Good posture and back support are essential for avoiding back and neck pain. In fact, many people who suffer back pain experience positive changes when they improve their posture. Good posture also prevents muscle aches and muscle fatigue. It keeps your bones and joints in proper alignment, so you use your muscles more efficiently, preventing strain and overuse.

Good posture helps to open the airways and ensure proper breathing. Proper breathing allows enhanced oxygen flow in the cardiopulmonary system. The blood then carries sufficient oxygen to the nervous system, organs and other tissues, so they function effectively.

We use a wide range of tools to assess employees and provide exercises and tools to make changes straight away. The postural clinics are a great way to kick off the pre-hab sessions and sedentary lifestyles workshops or just as a stand-alone program.

Thera-bands, foam rollers and pressure point release balls are offered as part of the program takeaway.

HEALTH COACHING

- ✓ healthy and balanced diet
- ✓ regular exercise
- ✓ minimizing stress

HEALTH COACHING

Our health coaching sessions include motivational interviewing to facilitate behaviour change, goal setting, active listening and aggregation of health outcome metrics.

The Centers for Disease Control and Prevention define wellness as “the degree to which one feels positive and enthusiastic about life”. Wellness coaching is a process that facilitates healthy, sustainable behaviour change by challenging a client to develop their inner wisdom, identify their values, and transform their goals into action. Wellness coaching draws on the principles from positive psychology and appreciative inquiry, and the practices of motivational interviewing and goal setting.

The health coaching model follows a process:

The process begins with engagement. Engagement and building trust with the client is established by building rapport. Many factors are included in this process. Rapport is fundamental not only in the initial coaching session, but also in each coaching session thereafter.

Motivational interviewing:

Once a coach has established rapport, building strong communication strategies is essential. Motivational interviewing is a process used to raise clients’ awareness of problems and possibilities while reducing their uncertainty about change.

Wellness vision:

A wellness vision is a creative statement that reveals the client’s highest potential and can include physical, emotional, social, spiritual and financial realms of life.



WOMEN'S HEALTH PROGRAMS

Participants undertake assessments which provides meaningful insight into their health, wellbeing, personality type, characteristics, values, strengths and derailers.

The program is run over a six-month period. It includes leadership development, one-on-one health, wellness and life coaching and one-on-one business coaching.

Small working groups are also specifically put together to keep you centered and accountable over this time.

Participants take a deep dive into their individual situations and establish the foundations for their unique vision of success.



TEAM BUILDING

Team building is one of the foundations of organisational development that can align around goals and building effective working relationships.

The purpose of team building is to increase trust, improve communication, increase collaboration and increase or maintain motivation.

Team building is one of the most widely used group-development activities in organisations.

Of all organisational activities, one study found team-development to have the strongest effect (versus financial measures) for improving organizational performance. A 2008 meta-analysis found that team-development activities, including team building and team training, improve both a team's objective performance and that team's subjective supervisory ratings.

ADDITIONAL SERVICES

- PD team building days
- Onsite yoga classes
- Onsite corporate massage
- Mindfulness
- Gratitude programs
- Flu injections
- Pre-employment assessments
- Manual handling programs
- Newsletters
- Something not here? Talk to us about what you want for your workforce

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