

HEALTHY ZOOM™

CREATING HEALTHY AND CONNECTED WORKPLACES

WHY?

The research is clear that creating a healthy workplace is good for business. However, the process of developing a plan and putting it into action can often be unclear and time-consuming.

With extensive experience in designing, implementing and creating workplace health and wellbeing programs, Healthy Tasmania has designed a suite of virtual sessions to keep your staff connected and engaged with their health and wellbeing, whether they're working remotely or in the office.

WHAT YOU GET?

- 10 x online health and wellbeing sessions (February – November)
- Access to some of Tasmania's and Australia's best speakers.
- 45-minute sessions: 30-minute presentation and 15 minutes for discussion, questions and activities.
- Sessions can be educational, practical or a mix of both.
- A branded poster with the program outline and information, dates, session descriptions and links.
- A strategic approach to holistic health and wellbeing, rather than an 'ad hoc' approach.

WHAT WE DO?

- Consult with you on your specific needs and workforce priorities.
- Host and deliver all sessions and manage the technology.
- Coordinate, manage and pay monthly expert speakers based on the topics you want.
- Supply recordings of each session for your intranet or distribution via email, providing ongoing easy access for all staff.
- Necessary Zoom subscriptions/licenses.
- Liaise with key staff to encourage internal support and organise promotion.



WHO?

Healthy Tasmania Pty Ltd is a for-purpose business building connections between people who need help and people (and services) who provide help.

Their work is focused on creating healthy and connected communities where people feel in control of their health and wellbeing.

They provide a range of services to help solve common problems that prevent people, communities and organisations from thriving.

Healthy Tasmania was co-founded by sisters Lucy Byrne and Penny Terry who love to do things differently to get things done!

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WHAT WILL WE LEARN?

In consultation with your team, we'll create a program packed full of expert speakers covering the following topics:

- Exercise and physical activity
- Healthy eating
- Women's health
- Men's health
- Social and emotional wellbeing
- Smoking, alcohol and drug use
- Mental health
- Young people and mental health
- Financial health
- Gender and consent
- Preparing for retirement
- Active ageing
- Mindfulness
- Stress management
- Sleep
- Hydration
- Diversity and inclusion
- Habit setting
- Dealing with change
- Suicide awareness
- Conflict management
- Culture building
- Family violence awareness
- ...anything your staff need

TESTIMONIALS

"I am proud to say that because of Healthy Tasmania's work, Sustainable Timber Tasmania is leading the way in the Australian forestry industry in our whole person approach to mental and physical health support.

I would highly recommend Healthy Tasmania for any work related to the health of your employees, getting the best from them and working in partnership with organisations to make it happen."

Steve Whiteley, CEO, Sustainable Timber Tasmania

CONTACT:

Lucy Byrne
Managing Director

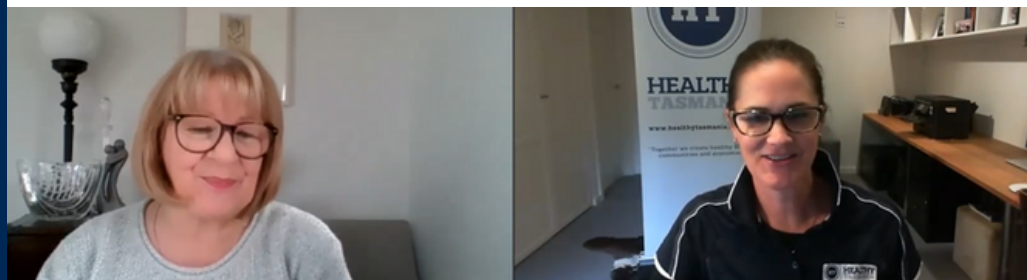
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BENEFITS?

- Complements your existing offerings
- Connects staff to professionals for ongoing support if required
- Supports local businesses and services
- Covers a wide range of topics
- Provides a variety of engagements methods (live, recorded)
- Helps to comply with your legislative requirements
- Increases productivity, morale, and engagement
- Reduces workplace injuries and sick leave
- Improved corporate image and staff attraction

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