



WORKPLACE™ ACTIVATION

CREATING HEALTHY AND
CONNECTED WORKPLACES

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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**HEALTHY
TASMANIA**

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.

Healthy Tasmania Pty Ltd has extensive experience developing, implementing and evaluating health and wellbeing strategies for Tasmanians in their work environment.

"A workplace health and wellbeing program does not have to be expensive or consume significant resources, and it can bring considerable rewards to your organisation."

Worksafe Tasmania

WHAT?

Workplace Activation is a fully bespoke workplace health and wellbeing offering that meets you, your team and organisation where you are at.

- A customised, comprehensive, co-designed and evaluated health and wellbeing policy and / or strategy.
- A review of your existing providers.
- Where required, a co-designed health and wellbeing program and activation of your work environment .
- Sessions that complement work schedules, rosters & commitments
- The flexibility of online or face-to-face sessions.
- Sessions that are 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.

www.healthytasmania.com.au



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

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WHAT WE DO

- Consult with you on your specific needs and workforce priorities
- Review your existing policies and/or providers
- Develop a workplace health and wellbeing policy and / or strategy
- Design, implement and manage a co-designed program
- Liaise with key staff to encourage internal support and organise promotion

THE TOPICS

In consultation with your team, we can design and implement a holistic health and wellbeing program 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

THE BENEFITS

- Comply with your legislative requirements
- Increase productivity, morale and engagement
- Connect staff to professionals for ongoing support if required
- Support local businesses and services
- Reduces workplace injuries and sick leave
- Improved corporate image and staff attraction

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