WORKPLACE ACTIVATION

CREATING HEALTHY AND CONNECTED WORKPLACES

ACTIVATING YOUR HEALTHY WORKPLACE

The research is clear that creating a Healthy Workplace is good for business, however the process of creating and putting a plan into action can 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

HOW IT HAPPENS

- Design, implement and evaluate a customised and comprehensive health and wellbeing policy or strategy
- Review and apply relevant online resources
- Work closely with your team
- Implement, co-designed engaging programs
- Activate your work environment
- Review existing providers
- Complement your work schedules, rosters and commitments
- Flexibility of online webinars or face-to-face sessions

"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

COMPONENTS

- Physical activity
- Healthy eating
- Sedentary behaviour
- Social and emotional wellbeing
- Smoking, alcohol and drug use
- Mental Health
- Financial Health
- Mindfulness
- Stress Management
- Sleep

BENEFITS

- Comply with your legislative requirements
- Increase productivity, morale, engagement
- Reduced workplace injuries and sick leave
- Improved corporate image and staff attraction

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