

Cairns Coaching is your partner in building a real culture of wellbeing, preventing psychosocial risks, and enhancing employee satisfaction, engagement and retention within your organisation.

» WHO WE ARE

Led by Sophie Anderson, ICF-certified coach, Cairns Coaching offers innovative, impactful and evidence-based health & wellbeing services designed to solve workplace challenges.

Our aim is to create healthy, engaged, and productive teams, reducing HR burdens while improving employee wellbeing.

» WHO WE HELP

We work with business owners, CEOs, OHS officers, and HR managers to build healthy, happy and proactive teams.



WORKPLACE HEALTH AND WELLBEING SOLUTIONS

- ◆ Personal Development Workshops
- ◆ Keynote Speaking & Lunch & Learns
- ◆ Workplace Wellness Programs
- ◆ Individual Coaching

WHAT YOU GAIN

- ◆ A happier, healthier, and more productive workforce
- ◆ Reduced turnover and recruitment costs
- ◆ Compliance with workplace wellbeing regulations
- ◆ Employees who take ownership of their health & performance

MOST IMPORTANTLY, IT ALLOWS LEADERS TO DO THE IMPORTANT WORK THEY ARE THERE TO DO, AND GROW THEIR BUSINESS.



WHY WORKPLACE WELLNESS MATTERS

- ◆ **81%** of the Australian workforce is disengaged (Gallup 2023)
- ◆ **\$211 billion** lost annually due to disengagement
- ◆ **\$39 billion** lost due to poor mental health
- ◆ **Nearly 50%** of our workforce is burning out

THE PROVEN RESULTS OF WORKPLACE WELLNESS PROGRAMS

- ◆ **20-30%** Increase in Employee Engagement
- ◆ **15-25%** Boost in Productivity
- ◆ **25%** Decrease in Absenteeism

If you're ready to boost health, engagement and productivity in your workplace and in your life with the support of a dedicated professional coach, contact Sophie.