

# Innovative Workplace Programs

Our innovative workplace wellness programs are designed to enhance job satisfaction, productivity, and overall well-being. "Happy At Work" focuses on cultivating happiness and a positive mindset for career satisfaction. "Healthy At Work" emphasizes health in the workplace with goals for a healthier lifestyle and well-being essentials such as nutrition and physical activity. "Harmony At Work" provides practical tools for effective communication, relationship building, and peaceful conflict resolution. These programs foster a more positive, healthy, and harmonious work environment.

## OUR PROGRAMS

- Happy at work
- Harmony at work
- Healthy at work

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*Emily Schmidt*



# Happy at work

*Happiness is the new productivity*



## About:

Rediscover joy and fulfillment in your career with our transformative program. Learn the secrets of happiness, how to cultivate a positive mindset and unlock the secrets to career satisfaction. Get ready to increase your motivation, job satisfaction, and overall well-being.

### What it looks like

- Three x 45 minute **workshop presentations**, with topics including optimism, compassion, gratitude, forgiveness, positive intelligence, removing toxic thoughts and more!
- **Activities** and **social events** will be coordinated and include options such as breathwork, meditation, dance lessons and more.
- **Onsite observations** and interactions with management and staff.

### How it will work

- These three part **workshops** will be facilitated onsite using power point presentation.
- Ideally a room to allow a maximum 25 people at a time for quality service.
- **Activities** can be on or offsite during or outside of worktime depending on company needs.
- **Confidentiality** is maintained during needs analysis, surveys and interactions.

### What to expect

- Full participation is expected, you can sit back and relax too, but there will be conversation throughout with small activities in between to keep people focused.
- **Activities** are structured, coordinated and managed with the intent to uplift and upskill.
- **Friendly and approachable** onsite availability to team members.

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# Healthy at work

*"It is health that is real wealth and not pieces of gold and silver."*

Mahatma Gandhi.

## About:

Prioritize your health in the workplace with our comprehensive program. Learn how to understand health determinants, set goals for a healthier lifestyle, and focus on well-being essentials such as proper nutrition, sleep, hydration, breathing, and physical activity. Experience increased productivity, job satisfaction, and a healthier work-life balance.



## What it looks like

- Three x 45 minute **workshop presentations**, with topics including healthy habits, mindset, hydration, exercise, nutrition, stress, meditation and more!
- **Activities** and **social events** will be coordinated and include options such as cooking workshops, sound healing, breathwork, outdoor activities and more.
- **Onsite observations** and interactions with management and staff.

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# Harmony at work

*"Coming together is a beginning. Keeping together is progress. Working together is success"*

Henry Ford

## About:

Cultivate a harmonious and collaborative work environment with our transformative program. Gain practical tools and strategies to foster effective communication, build strong relationships, and resolve conflicts peacefully. Enjoy increased job satisfaction, higher productivity, and a healthier work-life harmony.

### What it looks like

- Three x 45 minute **workshop presentations**, with topics including self-care, belonging cues, values, communication and more!
- **Activities** and **social events** will be coordinated and include options such as team challenges, fun events such as anti-talent show and more.
- **Onsite observations** and interactions with management and staff.

### How it will work

- These three part **workshops** will be facilitated onsite using power point presentation.
- Ideally a room to allow a maximum 25 people at a time for quality service.
- **Activities** can be on or offsite during or outside of worktime depending on company needs.
- **Confidentiality** is maintained during needs analysis, surveys and interactions.

### What to expect

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# Energy Movement Wellness



Founded by Emily Schmidt, Occupational Therapist this company is on a mission to raise the health standards globally physically, mentally, socially, emotionally and spiritually.

This company can provide Ergonomics, Lunch & Learns, Fitness, Health Checks and add value through our programs *Happy at work*, *Healthy at work* & *Harmony at work*.

## Service Fees and Breakdowns

### Workshops & Activities

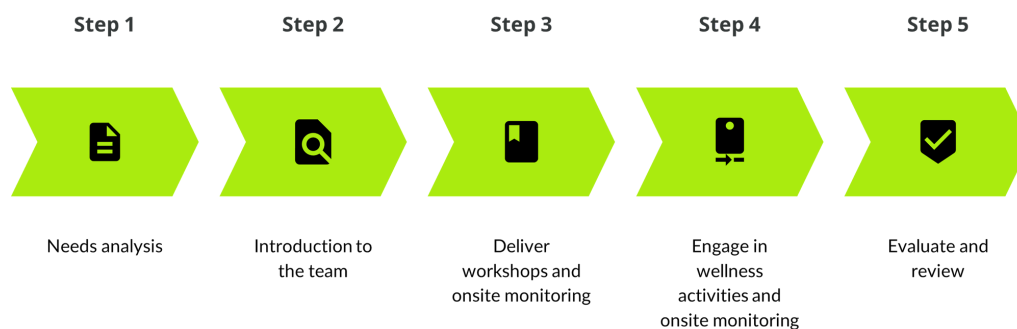
- Workshops (45 min) are in three parts, recommended to be spread out at least one month in between.
- Maximum 25 people per workshop for quality of service and effectiveness.
- Maximum three workshops in one day.
- One activity per program. Additional costs will incur for external service providers (to be quoted).

### Onsite Monitoring & Review

- This includes interaction with the staff and job observations where appropriate.
- Pre and post qualitative and quantitative surveys completed.
- Needs analysis prior to introduction to the team and review of relevant data, statistics and general feedback.
- Summary report provided upon completion.

### Fees

- The program is set to 10 full contact days on site.
  - \$15 000
- Where days are likely to exceed this amount following initial consultation additional cost will be quoted.



## Workplace Wellness Programs

The program consists of a three-part workshop 45 minutes long, with a maximum of 25 participants. The format is interactive, catering to various learning styles, and uses a PowerPoint presentation or handouts. The program also includes on-site or off-site activities that align with the workshop theme, such as exercises, health checks, team-building exercises, or mindfulness practices. In addition, there is on-site monitoring to understand the workplace culture and structure interventions. The 10-day program over three months is allocated roughly as follows: one day for needs analysis, one to three days for workshops, one to three days for activities, one to two days for monitoring, and one day for post-program review and recommendation. Varying days are according to staffing number and availability. A **free 15 minute consultation** is included prior to any work commencement. This is followed by a needs analysis, then an introduction to staff, pre-surveys provided in whichever format works best (online preferable), workshops, promotion of the activity and sign up, activity, monitoring, evaluation and review. I can't wait!

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