



# Lunch And Learn



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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*.

## Lunch & Learn

These Lunch and Learn workshops are an engaging and effective way to bring wellness education directly into your workplace. Our workshops are 30 minutes in length, covering a variety of wellness topics from stress management to healthy eating to physical fitness.

But it's not just about providing information. We believe that application is just as important as knowledge, if not more. That's why our workshops are interactive and designed to help your employees set effective goals. Each workshop includes handouts and interactive activities geared towards helping your employees apply what they've learned in their daily lives.

So why not turn your lunch break into a learning opportunity? With our Lunch and Learn Workshops, your employees can gain valuable insights and strategies to improve their health and wellness, all within the comfort of their workplace.

Invest in your team's wellbeing today. Contact us to learn more about our Lunch and Learn Workshops and how they can benefit your workplace.

## Service fees

### Session Information

- Power Point facilitation
- Handouts provided
- Fun, digestible (pun intended) and interactive presentation
- Longer workshops available on request and will incur a slightly higher cost
- Option to purchase presentation and have them editable
- 30 minutes in length
- Set and up to date topics ready to go
  - \$350 per Lunch & Learn set topic

### Topics to choose from

- Beyond Sitting (movement and dangers of sitting for too long)
- Don't Worry Be Happy (Happiness)
- Effective Exercise
- Friends With Benefits (No, not that! Social health and connection)
- Go And Love Yourself (Self-compassion)
- Just Breathe
- Nutrition Matters
- Positive Habits
- Purposeful Living
- Switch Off To Switch On
- Team Work Makes The Dream Work
- Work Life Balance

