



# Workplace Wellness Consultancy

When first identifying the need / want to implement a workplace wellness strategy, determining the 'why' is key to the design & implementation approach. Our Workplace Wellness Consulting services assist organisations with the upfront knowledge and strategies to design & deliver an initiative that is in line with objectives and definitions of success.

## COMPANY HEALTH PROFILING

Understanding your audience is key to the development and design of workplace wellness strategies. Company health profiling via:-

- Health risk assessments (online / hard copy survey)
- Onsite health checks

can assist in benchmarking the health & health risk profile of your people & organisation as a whole. The results act as a platform for your wellness strategy & program.

Company health profiling can also be used as a pre/post measurement tool to assess the impact of your initiative.

## CURRENT WELLNESS PROGRAM REVIEW & AUDITS

As experts in our field, we provide a review service able to audit your current workplace wellness strategy & program against best practice.

Our approach addresses:-

- Review of worldwide practices
- Global & local trends
- Assessing against global definition of workplace wellness
- Health drivers
- Emerging strategies
- Engagement strategies
- Measurability
- Culture of care
- Marketing & Comms
- Data & analytics
- Technology
- Stages of intervention
- Behaviour change principles
- Design & delivery modalities/formats

It is a great opportunity to assess your initiative, identify gaps and opportunities for improvement.

A formal report inclusive of recommendations is inclusive of the service.



## WELLNESS PROGRAM STRATEGY & DESIGN

With over 25 years in the workplace wellness space, we have devised a best practice model underpinned by behaviour change principles & the World Health Organisation's approach to workplace health. The model adopts a strategic design & delivery framework that insists on innovation. We address wellness by way of the individual (physical and psychological) and that of the organisation (culture & environment) across the entire prevention - intervention - support continuum.

Our Workplace Wellness Consulting team are experts in the design & development of workplace wellness strategies & program design.

### Behaviour Change

It's not just about getting people's attention, but empowering them to act. The ability to understand and influence behaviours will positively affect health outcomes and lifestyle choices. We adopt the latest behaviour change and behaviour economic concepts and apply them to our workplace wellness strategies and program design.

### Business Case Development

We understand that for many organisations workplace wellness is a new concept. We can assist companies with the development of in-house business cases for workplace wellness.

We leverage current and up-to-date case studies, global best practice and return on investment modelling to assist in our business case development.

### Policy Development & Review

We can assist organisations in developing & reviewing workplace wellness based policies contributing to their overall health & wellbeing strategy.

### Marketing & Communications

One of the most underestimated aspects of corporate wellness strategies is staff engagement. The best intentions and theorized outcomes will never be achieved if staff don't engage in the initiative.

Program design, marketing & communication are key success factors of any corporate wellness strategy, contributing to maximum staff take up / engagement of the program.

The Wellness Architects prides itself on innovative marketing & communication initiatives that contribute to maximum awareness and program take up.

We have an in-house marketing & design team that customise marketing strategies, branding, promotions, concepts and communications. We also boast innovative IT solutions that form part of our marketing & communication strategy.



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## ONSITE & VIRTUAL WELLNESS CO-ORDINATORS

The advantage of a dedicated wellness expert working with you and your team can assist with the delivery & implementation of your workplace wellness program. We can provide either an onsite or virtual (offsite) workplace wellness expert to work with you.

Your assigned workplace wellness expert becomes entrenched in your organisation as an extension of your team. Their role can be customised to meet your needs including:-

- Program development & design
- Site co-ordination
- Room allocations
- Marketing & Comms
- Bookings
- Report development & presentations
- Wellness program liaison
- Committee lead
- Supplier co-ordination
- Service oversight
- Employee satisfaction

## Wellness Mentoring

We understand some organisations engage an in-house wellness co-ordinator. As experts in our field we can play a mentoring role for your in-house team, providing specialist advice and guidance.

## Advisory Services

We can act as your dedicated Workplace Wellness Advisor for all things health & wellbeing.

- Program development & design
- Supplier procurement
- Marketing & Comms
- Policy development
- Independent expert on your Wellness Committee

