



Out Doors Inc.'s *Healthy People, Healthy Workplaces* is a twelve-week healthy lifestyle program that assists your employees to take control of old behaviours and improve their physical, emotional and mental wellbeing. The program can be delivered in one-hour to full day sessions and is tailorable to small and large groups.

Research shows that more than six million working days are lost every year in Australia due to mental illness and employees experiencing mental health conditions in the workplace are costing businesses over \$10billion annually.*

Healthy People, Healthy Workplaces has been specifically designed as a self-management program, which promotes awareness and growth in several areas of health and wellbeing. The program provides specifically designed modules to assist individual needs and all areas of your organisation. Each module can be purchased individually, however the program is most effective when delivered as a full suite.

KEY BENEFITS

EMPLOYEE	EMPLOYER
<ul style="list-style-type: none"> • Increased well-being, self-image and self-esteem • Improved coping skills with stress or other factors affecting health • Improved health status and lower costs for health issues • Increased access to health promotion resources and social support • Improved job satisfaction • Safer and more supportive work environment • Reduced stress-related issues and increased resilience • Improved mental and physical health 	<ul style="list-style-type: none"> • Lower health care and disability costs • Enhanced employee productivity • Reduced employee absenteeism • Decreased rates of illness and injuries** • Enhanced corporate image • Improved employee morale • Improved employee retention, reduced recruitment and training costs • Increased organisational commitment and creation of a culture of health • Increased employee trust, satisfaction and engagement

*Australian Bureau of Statistics (2008), *2007 National Survey of Mental Health and Wellbeing*

**"Businesses that invest in positive mental health practices are more likely to see reduced illness in the workplace and teams that perform and thrive, returning an average of \$2.30 for every \$1 spent on mental health training." PricewaterhouseCoopers, *Creating a mentally healthy workplace — Return on investment analysis*, March 2014.

ACTIVE

Physical activity plays an important role in the health, wellbeing and quality of life. People who are physically active live longer, healthier lives. Active people are more productive, and more likely to avoid illness and injury. In week 1, Out Doors recommends employees undergo a health check, conducted externally by a medical practitioner. Out Doors will tailor physical activities to suit the preference and fitness levels of individuals in this program. Sessions will include activities like:

Yoga · Tai Chi · Circuit/Station Training · Drumming · Orienteering · Canoeing · Amazing Race · Initiative Games
These will be conducted outdoors wherever possible.

Sessions: 60mins No. of Sessions: TBD
Min. 12 Max. 20 people

SOCIAL AWARENESS

Relationships are essential to maintaining wellness and health. Learn more about having healthy and supportive relationships by recognising the signs and symptoms of your stressors and stresses. Stress is a normal part of life, but recognising good and bad stress, and how to cope with both, is essential to being emotionally well. Sessions will include:

Strengths, Stressors & Practical Coping Mechanisms

Sessions: 60mins No. of Sessions: TBD
Min. 12 Max. 20 people

INTELLECTUAL

This module relates to our ability to think, concentrate, learn and solve problems. It recognises the need for mental stimulation and challenge in daily life to learn and develop our understanding of ourselves and the world we live in. Sessions will include:

Problem Solving · Amazing Race Challenge

Sessions: 60mins No. of Sessions: TBD
Min. 12 Max. 20 people

MIND

People who are emotionally healthy are able to handle life's challenges, build strong relationships, and recover from setbacks. However, just as it requires effort to build or maintain physical health, so it is with mental and emotional health. Improving your emotional health can be a rewarding experience, benefiting all aspects of your life, including boosting your mood, building resilience, and adding to your overall enjoyment of life. Sessions will include:

Guided Meditation · Mindfulness Training

Sessions: 60mins No. of Sessions: TBD
Min. 12 Max. 20 people

VALUES

Our values support our actions. These sessions relate to the ability to experience and integrate meaning and purpose in life through a person's connectedness with self and others. Sessions will include:

Personal Values · Organisational Values & Culture

Sessions: 60mins No. of Sessions: TBD
Min. 12 Max. 20 people

ENGAGEMENT

This module will focus on personal engagement, not only work (paid or voluntary), but all of the things that we do to occupy our time, including looking after ourselves, family and home and participating in leisure/hobbies or study. It includes choosing activities that are consistent with our values, interests and goals and achieving a balance between these activities that maintain our health. Sessions will include:

Mindfulness · Active Listening · Drumming Ensemble

Sessions: 60mins No. of Sessions: TBD
Min. 12 Max. 20 people

A key element of this program is that it will train 'champions', employees who will be able to support their colleagues and foster the continued implementation of these practices within your organisation.

For more information, call us on 03 9417 2111 or email us at indoors@outdoorsinc.org.au.

NB. Out Doors Inc. was one of only 12 case studies nationally profiled as part of the *Heads Up* campaign.

Engaging our service will enable us to continue to run programs for people living with or at risk of developing a mental health issue.