

Workplace Wellbeing Workshop

Healthy, Happy, High Performing Teams

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Wellbeing. Mindfulness. Compassion. Kindness.

They're the new buzzwords for a reason. Why? Because smart and progressive businesses understand that investing time and energy into their employees' wellbeing makes great business sense.

This free workshop will empower you to become part of the solution to Australia's growing health crisis and achieve a better business bottom line - WIN WIN!

Come in comfortable clothing. Expect to interact, meditate, brainstorm, stretch, breathe, listen, share and laugh!

WORKSHOP HIGHLIGHTS

-  **How worker health impacts performance**
-  **The upside to investing in your team's health and wellbeing**
-  **Effective ways to boost worker health through:**
 - Physical health strategies
 - Mental health strategies
 - Workplace culture
 - Workplace environment
-  **How to implement and measure the impact of workplace health initiatives**
-  **Recommended suppliers, resources and support to get your workplace started - on any budget**

WHEN:

Tuesday 8th May, 2018
5.45pm for a 6pm start
Concludes at 7.30pm
Drinks & nibbles provided
Door prizes to be won!

WHERE:

MCC Glen Iris Valley Tennis Club
260 High Street Road
Mount Waverley Vic 3149

HOW:

Seats are strictly limited.

Call us on 9887 8751 to reserve your spot by 1st May 2018 or register [via email](#).

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This workshop is hosted by Stephanie Bown, respected performance coach to many of Australia's 'Best Places to Work' and creator of acclaimed mindfulness retreats in Byron Bay.

Educated in positive psychology, neuroscience and organisation dynamics, and a keen proponent of the principles and practices of mindful living and leadership, Steph also happens to be a fabulously engaging presenter!