



WholeME
2020 Wellbeing

A CULTURE OF HEALTH



A CULTURE OF HEALTH

Holistic Employee Wellness Programme

—
2020



WholeME 2020 Wellbeing

WholeME 2020 is a robust, year-long holistic employee wellness programme, designed to maximise employee performance, at the same time optimising health and happiness. Made up of 45-minute quarterly mini-modules, our wellbeing workshops are science-based, interactive and grounded in practical everyday examples.

The future of health is taking a holistic view. We need to consider the individual as a whole for optimal health - recognising all four aspects of wellness: mental, emotional, physical and internal drivers. As with any ecosystem, each part is interdependent and relies on the health of the others in order to truly thrive.

“The whole is greater than the sum of its parts.”



WholeME 2020 Wellbeing Calendar

Key Benefits

- Enhances focus, creativity, problem solving, innovation and better decision making
- Greater resilience, engagement, productivity and retention
- Compliments an existing H&S Programme
- Takes a proactive approach to preventing stress, anxiety, burnout and sick leave
- Supports the demands of an Agile working environment

Key Features

- Holistic approach - considers the complex, interconnected and individual nature of humans
- Integrated, year-long programme - consistently keeping wellness top of mind
- Specialist, qualified facilitators, both with corporate backgrounds and management experience, bringing with them an intimate understanding of workplace dynamics and pressure points
- Short, sharp, onsite sessions (can be taken on lunch break), to accommodate busy schedules

How it works

- Each workshop is 45 minutes, hosted by one facilitator for a maximum of 16 people
- Hosted onsite - board/meeting room
- Combination of audiovisual, worksheets and exercise discussions
- Sessions available between 10am- 2pm
- Select mini-modules of interest under each theme

Timing	Theme	Description	Mini Module Options
Q1 - Feb, March	Internal Drivers	Our sense of purpose, motivation and balance	<ul style="list-style-type: none"> • The shift to a whole person approach • Goal setting masterclass • Defining my values • Morning rituals to win the day • Health Check 101
Q2 - April, May, June	Mental	Sharpening our capacity for focus, creativity and resourcefulness	<ul style="list-style-type: none"> • Secrets of the mind • The science of stress • Rewiring your brain and hardwiring healthy habits • Maximise productivity, minimise distraction • User guide to your high performance brain • Relaxation toolkit • Financial future and mindset masterclass
Q3 - July, Aug, Sept	Social/ Emotional	Developing resilience, emotional awareness and strengthening relationships	<ul style="list-style-type: none"> • Science of happiness • How being grateful rewires your brain • Mindfulness: happiness and relating to others • Mindfulness: stress and emotions • Mastering emotions • Building a culture of intrinsic security
Q4 - Oct, Nov	Physical	Fueling our bodies with energy and get-up-and-go	<ul style="list-style-type: none"> • Make sleep your superpower • MoveMORE - increasing incidental movement • Movement motivation • Nutrition meal plan for high performance • i-REST Yoga Nidra for sleep and relaxation

*Whilst these topics have been placed under their more traditional headings, we recognise as is the very nature of this programme, these aspects of wellness are all interconnected and crossover.

Meet your Facilitators

Rise & Shine



Jo van der Walle

Jo is an accredited coach with a background in instructional design, HR and learning and development. With over eight years' experience developing, designing and facilitating workshops for some of New Zealand's leading organisations. Jo inspires others to live a healthier, more balanced life. She has a special interest in self-leadership, wellness, self/social awareness and positive psychology.

Her speaking experience varies from facilitating with small groups and leadership teams, right through to keynote speaking to large audiences in the hundreds at industry events. Jo's University studies included Sport and Recreation at University including papers in Nutrition, Anatomy and Physiology and Exercise Principles.



Kristy von Minden

Kristy is an accredited Mindfulness teacher with a special interest in Neuroscience. An experienced facilitator and keynote speaker, Kristy speaks at events and works with some of New Zealand's biggest businesses, supporting them with their wellness programmes to reduce stress in order to enhance health, happiness, productivity and creativity.

With a Bachelor of Communications, before she moved into the wellness world, Kristy spent 15 years in corporate communications, working with some of New Zealand's biggest brands and managing a large team. With her extensive corporate background and management experience, Kristy intimately understands the stressors and pressures of the modern workplace, both from a management and from an employee perspective.

Some of the forward-thinking, leading brands we've worked with:

sky CITY

AMP

ASB

SONY

SERVILLES

yellow

BAUER
MEDIA GROUP

BOSCH

Russell
McAugh

MEDIAWORKS

Fletcher
Building

Other facilitators

We also work with a selection of qualified partners to deliver the financial, movement and nutrition workshops.





Investment

OPTION ONE

Book
one module

\$960+ gst
(\$60 per person)

OPTION TWO

Two of the same
modules delivered
consecutively

\$800 + gst
per module
(\$50 per person)

OPTION THREE

WholeMe mini-module
Membership
(minimum 9 work-shops)

\$720 + gst
per module
(\$45 per person)

Please get in touch to discuss your specific requirements.
Client testimonials available on request.

Email: jo@riseandshinegroup.co.nz
Phone: 022 315 5100

Email: kristy@mymindbright.com
Phone: 021 985 207