



WholeME

OPTIMISING PEOPLE AND PERFORMANCE



OPTIMISING PEOPLE AND PERFORMANCE

Science-based workplace
wellbeing strategy & programme



WholeME Wellbeing

WholeME 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 90-minute workshops that are science-based, interactive and grounded in practical everyday examples.

For optimal health, happiness and sustainable high performance we need to consider the individual as a whole - recognising all four aspects of wellbeing: mental, emotional, physical and internal (aligned to the Maori health concept - te whare tapa whā). 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

Wellbeing Calendar

Key Benefits	Key Features	How it works
<ul style="list-style-type: none"> Designed to increase employee focus, creativity, problem solving, innovation and decision making Greater resilience, engagement, productivity and retention Compliments an existing H&S programme and current wellbeing initiatives Takes a proactive approach to preventing stress, anxiety, hostility, burnout and sick leave Supports the demand of an Agile working environment Workshops customised according to the current Covid environment 	<ul style="list-style-type: none"> Tailor-made - based on results from your complimentary wellbeing audit Takes a holistic approach Strategic year-long programme - consistently keeping wellbeing top of mind Offers regular opportunities for employees to stop, reflect, learn and integrate wellbeing practises Short, sharp, onsite/online sessions (can be taken on lunch break), allowing for busy schedules Specialist facilitators with corporate management backgrounds 	<ul style="list-style-type: none"> Each workshop is 90 minutes and hosted by one experienced facilitator for a maximum of 16 people Hosted onsite - in your board/meeting room or on Zoom. Combination of prework, worksheets, discussions, accountability and follow up resources Select a variety of workshops under each dimension to create balance and ensure there is something for everyone

Example Timing	Dimension	Workshops
Q1 - Feb, March	Internal Drivers Our sense of purpose, intrinsic motivation and balance	<ul style="list-style-type: none"> The shift to the whole-person approach *foundation workshop* The science of habits and achieving sustainable change Morning rituals to win the day> Values based self leadership
Q2 - April, May, June	Mental Sharpening our capacity to focus, create and innovate	<ul style="list-style-type: none"> Secrets of the mind - to unleash performance Maximise productivity, minimise distraction User guide to your high performance brain Tool kit of fast effective relaxation techniques for busy people
Q3 - July, Aug, Sept	Social/Emotional Strengthening resilience, emotional and social awareness and relationships	<ul style="list-style-type: none"> Daily science-based happiness practices Mindfulness masterclass Disconnect to reconnect Emotions mastery - two part series Building intrinsic security to unlock your potential
Q4 - Oct, Nov	Physical Fueling our bodies with energy and get up and go	<ul style="list-style-type: none"> Make sleep your superpower Simple ways to supercharge your energy systems - at work The science of stress - mind-body connection Everday nutrition for high performance

*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 - naturally. 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 business, 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:



Other facilitators

We also work with a selection of qualified facilitators. If you would like another wellbeing topic discussed please ask us.





Investment (up to 16 people)

WholeME Mini	WholeME Mini	Performance +
Book one workshop (90 mins)	Book two consecutive workshops	WholeMeMembership (minimum 6 work-shops)
1450 + gst (\$90 per person)	\$1250 + gst (\$78 per person)	\$950 + gst (\$60 per person)

Please get in touch to discuss your specific requirements: Book in a FREE workplace wellbeing audit

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

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