



**EDSER health**

## WORKPLACE HEALTH & WELLBEING CONSULTING SERVICES

### What is a health and wellbeing service?

- onsite service, usually one to two days per week depending on number of employees
- provide workers with one on one confidential consultations
- hands on musculoskeletal treatments for niggles, aches, pain, muscular tension
- guidance and coaching using lifestyle medicine strategies for stress, weight, and chronic disease management
- injury prevention strategies including workplace ergonomics
- tailored workplace initiatives and group education sessions

### Workers can ask for help with any of the following;

- pain and discomfort, eg. back pain, neck tension, wrist injuries
- headaches
- weight management
- exercise strategies
- lifestyle related conditions such as cardiovascular disease, high blood pressure, Type 2 Diabetes
- management strategies for anxiety or stress related concerns
- eating habits and meals plans
- fatigue
- difficulty concentrating/brain fog
- workstation ergonomics and set up
- sleep problems

### *health & wellness* **IT STARTS WITH YOU**

Your employees are your most valuable asset to your business. They will literally make or break your business.

A person's physical, mental and emotional wellbeing will influence their ability to;

- show up AND be productive for a whole day,
- concentrate and attend to a task,
- communicate effectively and cooperate amicably with co-workers
- think creatively, executing astute problem solving skills
- always make safe decisions

Research suggests that there is a positive correlation between worker subjective wellbeing (SWB) and job performance.<sup>1</sup> Improving employee's physiology and general health, improving cardiovascular health and enhancing immune system resilience are ways that have been shown to allow improved SWB and job performance.

Healthy workers are more productive at work than unhealthy workers. And, healthy workers cost less in terms of absenteeism, injury claims and employee retention.<sup>2</sup>

# *initiatives* FOR THE WORKPLACE

A strategic and intuitive plan will be formulated with business leaders to develop wellness strategies and tailored initiatives, specific to the unique needs of your business. It is of high priority to invest in getting to know the culture, challenges and champions of the business in terms of health and wellbeing. This will help customise initiatives and get the best and most efficient outcomes. Challenges and initiatives can be implemented at appropriate times in accordance with changes in work flow and demand.

SOME EXAMPLES OF INITIATIVES ARE;



## Lifestyle

- 10,000 step challenge
- Hike for Life
- Life30 program



## Mindfulness

- meditation practice 5 mins per day
- 30 day gratitude challenge



## Exercise

- 100 squats per day for 30 days
- 10,000 steps challenge



## Brain Gym

- 5 minute daily trivia pod



## Nutrition

- monthly morning tea with cooking demo
- recipe database and recipe share program
- workshops on shopping and meal planning

## Why choose Jacqueline Edser?



Jacqueline is highly experienced in providing workplace health and well being consulting services. She has the knowledge and skills to deliver this dynamic and beneficial service. She also has an astute intuitive perception that allows her to read the nuances of workers and workplaces. She is therefore able to set up appropriate, “socially acceptable” strategies that workers will be motivated to actually follow and implement into their daily lives.

For more details on Jac’s experience and credentials please [click here](#).

## Let’s talk further

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### References

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