

# WORK PLACE WELLNESS

Thriving at Work



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Prepared By

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VERENA WHITE  
IGNITE YOUR DIVINE SPARK

# WHO...

Verena White, is an experienced Kinesiologist and Mindset Coach, she brings a unique perspective to workplace wellness. With over 20 years of experience in the corporate sector and as a successful business owner of a **Kinesiology** and Coaching practice. Verena has a deep understanding of what drives employee happiness, health, and productivity.

Working as a **Kinesiologist** and **Mindset Coach** over the last 10 years in Melbourne, Verena is an expert in identifying limiting belief systems, goal setting, life path planning, and understanding the power of the mind-body connection. She has worked extensively in the field of mental and emotional wellbeing and has worked with hundreds of clients helping them to overcome their blocks and step into their power and potential.

Verena believes that Kinesiology and the use of Mindset practices are the revolutionary new way to enhance workplace wellbeing and support employees in overcoming stress, overwhelm, and burnout. She is dedicated to helping individuals and organizations engage in mindset and wellness activities that have been proven to increase overall wellbeing, creativity, and productivity in the workplace.



[www.verenawhite.com.au](http://www.verenawhite.com.au)

# WHAT ...

The goal of this workshop is to help participants gain focus and clarity, manage stress, and avoid burnout. This workshop helps participants understand their innate ability to regulate their emotions and provides them with the tools and techniques they need to manage stress, find clarity, and stay focused, improve job satisfaction and productivity within the organisation.

By providing education on self care and teaching practical tools and techniques, you can empower your employees to be the best version of themselves and help them achieve balance, wellness, and and improve productivity as well as their inner confidence which has multiple benefits.



The participants walk away feeling empowered, supported and focused.

# HOW ...

1. Explain why it's important to learn how to regulate emotions and find clarity and focus in the midst of life's pressures.
2. Understanding emotions & Mindfulness techniques: These techniques can help manage stress and stay present in the moment.
3. Goal setting and structuring your day, week etc for success
4. Creativity and problem-solving: Discuss how a creative mindset can help employees find new and innovative solutions to challenges.
5. Q&A and feedback: Encourage them to share their own experiences and insights.



## WHY...

With 25% of all Australian workers taking time off each year due to stress, (according to *Australian Workplace statistics*) mental and emotional wellbeing is an important issue for Employers. Australian businesses lose \$6.5 billion every year by failing to implement adequate preventative wellbeing measures.

Now is the time to implement a program that includes preventative and sustainable self care solutions to ensure a happy and healthy, productive workplace.

ref: <https://www.wearespur.com/resources/wellbeing-in-the-workplace>

## BENEFITS...

It's time for a creative solution, to get to the source of the issue. This innovative work using Kinesiology and Mindset Coaching is a new way to enhance workplace well-being.

- Improve Productivity & energy levels
- improves and sustains mental & emotional well-being
- Improved general health and well-being
- Less stress related leave
- Increased job satisfaction and motivation
- Improved focus and clarity and overall performance
- Less stress and other work-related illnesses
- Improved Confidence and creativity
- Staff feel supported and valued
- Improved workplace relationships and communication



# SERVICES

**To achieve a collective outcome a tailored program can be created to suit the organisations requirements and needs.**

## **Services:**

- Workplace Wellness Workshops
- Corporate Wellness Retreat Facilitator – customised for the Organisation
- Individual Sessions

# CONTACT US

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