LEADING CHANGE

STRENGTH4LIFE provides a real and authentic approach to developing **work** and **life skills** through an **holistic 'down-to-earth'** solution of awareness, reflection, planning and taking action.

We offer fully tailored options to meet the specific needs of your organisation and provide your employees with valuable **TOOLS** to be the best they can be in life – both **personally** and **professionally**.

PROGRAM COMPONENTS

Mix and match

to suit your needs!

CORE SESSIONS

Modules held in a workshop environment



PEOPLE MANAGEMENT

Choose from 12 modules (see over)



WELLNESS Choose from 6 modules (see over)

plus



1:1 COACHING SESSIONS personal and/or

STRENGTH#LIFE

flexible options to best meet the needs of

offer a variety of

your business

personal and/or professional development (anything goes!)



BUDDY GROUPS

meet informally to discuss program related topics

WORKPLACE BASED



PROJECT (ongoing on the job) to apply learning

Helping your employees BETHEBEST they can be!

The **STRENGTH4LIFE** solution is different.

Aligned with Maslow's Hierarchy of Human Needs, we encourage employees to focus, reflect, plan and act upon their own 4 pillars.

BODY MIND HEART SPIRIT

RETURNON INVESTMENT

There is a wealth of emerging evidence indicating that successful health and wellbeing support provides an excellent return on investment.

Benefits for the organisation include:

25.3% decrease in sick leave absenteeism

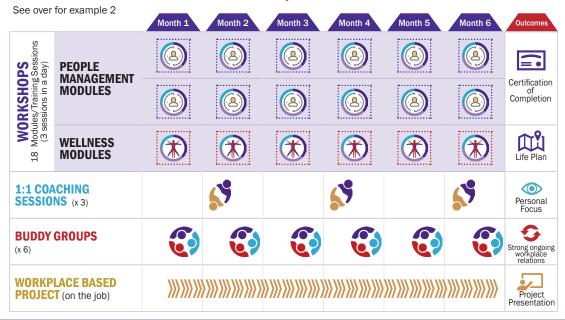
40.7% decrease in workers compensation costs

24.2% decrease in disability management costs

save \$5.81 for every \$1 invested in employee health and wellbeing

Source: Chapman, L.S 2007, Proof Positive. An Analysis of the Cost Effectiveness of Worksite Wellness

EXAMPLE JOURNEY #1 18 Modules over 6 months



STRENGTH4LIFE

ideas and habits become part of the participant's life and will continue to provide consistent direction and motivation.

It's truly a **UNIQUE APPROACH**

Call Us on 0428 161 916 to find out more

MODULES Mix and match to suit your needs



CCC - Communication – Communicate – Communicator

Explore ways to deliver a message with clarity, impact and effectiveness.

MPP - Managing People Performance

Tools and guidance on how to best provide both positive and constructive feedback.

PDI – People Diversity Innovation

Explore how individuality and teamwork are collaborative concepts.

TTT - Train the Trainer (2 modules)

Redefining how to provide guidance and instruction to others.

OPO - Operational Planning Outcomes

Think Strategically – Big Picture down to daily actions.



MOL - Motivating Others - Leadership

Let's rethink Leadership, Inspiring, Motivating, Positivity, Leading Change.

EIP – Emotional Intelligence – Positive & Productive workplace relations

IQ or EQ? Understanding self and interacting.

SRC – Servicing your Real Customer

Who is the customer? What does good service really sound, feel, taste and look like?

PPP - Personal & Professional Productivity

Great tools to really focus on making the very most of the time available!

BSA – Business & Systems Analysis

Budgets and more....

QIP – Quality Improvement Practices

Constantly analyse services and change or discard those that are no longer current or viable.

CURRENT ORGANISATIONS

supporting their employee's

PERSONAL AND PROFESSIONAL

through the STRENGTH4LIFE program include:



WELLNESS

STRONG

Explore how this life changing concept will enable you to BE the best YOU can be.

BODY

How do physiological events in daily lives have such a grand impact upon us and everything we think and do?

MIND

Way more than mindfulness, explore being current and relevant – it's really thought provoking.

HEART

We come in contact with so many people everyday – how do we relate? Communicate? Love? Give? Share?

SPIRIT

In a busy world, when do we take time for us? How? Where? When? Why?

LIFE

How to make the best use of the learning, self-reflection and new skills? Make it stick – tools to BE the best YOU can be.

For more information on each module, please visit www.strength4life.net.au or contact Jon on the details below



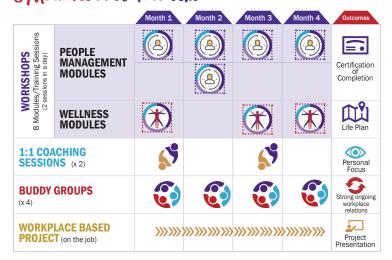






EXAMPLE JOURNEY #2

8 Modules over 4 months



Want to know more?

CALL JON ON **0428 161 916**

or drop him an email Jon@strength4life.net.au

