



# Introduction to Employee Wellness

Discoveries Workshop

10<sup>th</sup> April 2019

# About you????

- Introduce yourself
- Where you work...
- Your role.....
- How many years you've worked for Discoveries...
  
- Your dream holiday destination !



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*Considering the title use your  
post-its to write down what you  
hope we will be covering*



# What I have prepared....

## Environmental strategies

- Some stats
- Hazards
- Ergonomics
- Communication and self esteem
- Giving feedback

## Person-centre strategies

- Understand stress
- Identify our triggers
- Develop a routine that maintains wellness
- Using workplace supports



RISK  
MANAGEMENT



UNAVOIDABLE



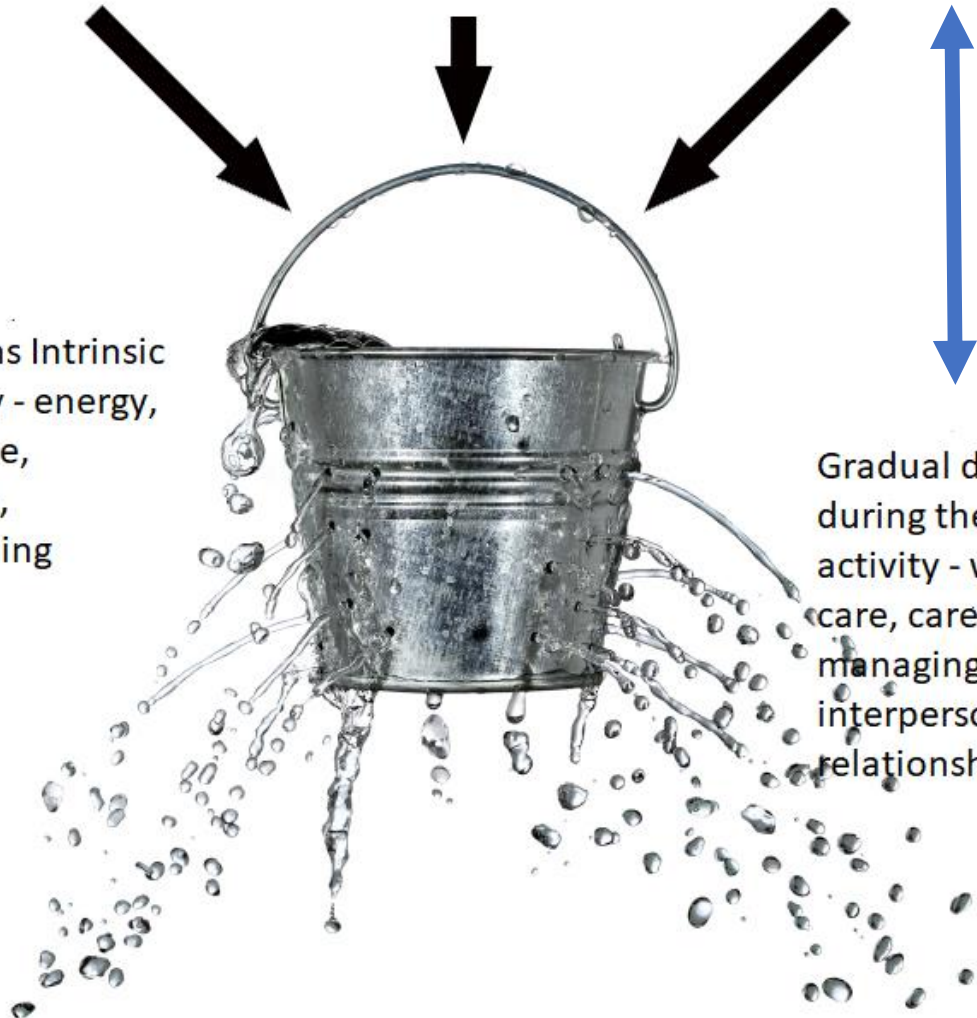
STRESS  
MANAGEMENT



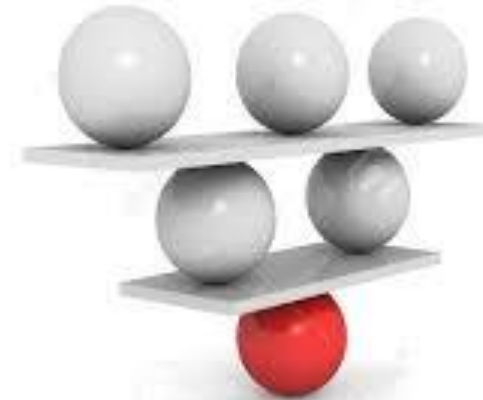
# Replenishers

Sleep, exercise, fun, relaxation, socialising, sense of achievement

A Persons Intrinsic Capacity - energy, resilience, strength, functioning



Gradual depletion during the day due to activity - work, self care, care of others, managing interpersonal relationships, etc



A  
*Delicate Balance*