

# Culture of Wellness

Skills for Success



**In-Class**



**8 hours**



**EGP 2,680**

## **Course Description:**

A healthy employee is a happy and productive employee—a goal that every organization should strive to achieve. Our Culture of Wellness program empowers participants to embrace the benefits of a healthier lifestyle and contribute to a thriving workplace. This course will play a pivotal role in establishing a Culture of Wellness within your organization. Participants will explore key topics such as smoking cessation, nutrition, weight management, and preventative care, equipping them with practical tools to enhance their well-being. Health and wellness are collective responsibilities, and by implementing this program, you take a proactive step toward fostering a healthier work environment.

## **Target Audience:**

HR Professionals, Wellness Coordinators, Managers & Team Leaders

## **Course Objectives:**

By the end of the course, participants will be able to:

- Define what constitutes a health and wellness program and its importance in the workplace.
- Identify various health behaviors that contribute to overall wellness.
- Evaluate the role of maintenance programs, stress management, & support groups in promoting health.
- Develop a strategy to form a health and wellness team or committee.

## **Course Outline:**

### **Module 1: Meaning and Definition of a Health and Wellness Program?**

- What is a Health and Wellness Program?
- Productivity
- Cost of Health Care
- Costs of Absenteeism

### **Module 2: Types of Health Behavior Programs**

- Health Behaviors
- Health Screenings and Maintenance
- Mental Health
- Physical Injuries
- Increasing Physical Activity
- Nutrition & Weight Loss
- Tobacco Cessation
- Substance Abuse Treatment

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## **Module 3: Health Screenings and Maintenance Programs**

- Preventative Care Screenings
- Cancer Screenings
- Annual Examinations
- Maintenance Programs
- Stress Management
- Support Groups
- Counseling
- Awareness & Education

## **Module 4: Evaluate, Planning Process & Implementation**

- Review Current Health and Wellness Programs
- Environmental Factors
- Identify Common Health Conditions and Procedures
- Review Company Information About Employee Health
- Form a Health and Wellness Team or Committee
- Budget
- Define Goals
- Programs and Policies
- Get Management Support
- Test It
- Get the Word Out
- Incentives

### **Assessment Strategy:**

Participants will be informally assessed based on their interaction during sessions and their participation in group exercises.

### **Upon Successful Completion of this Course, participants will obtain:**

0.6 CEUs

### **Course Language:**

English

### **Prerequisites:**

N/A