

# WELLNESS PRESENTATION

Our goal is to make wellness a standard in your team, company or work environment with our 5 pillars of Wellness - Movement, Mindfulness, Nutrition, Hydration and Sleep. We share and teach you simple strategies and tools that you can implement straight away.

We work with CEO'S, managers, support coordinators/workers, teachers, small businesses and staff on how to implement Wellness habits and increase productivity in the workplace.

Great for professional learning days, team building and overall wellbeing initiatives. Presenting the benefits of Wellness, we explain how simple it is to adapt these principles into your workplace and each individuals day to day life.

## Topics covered

1. Wellness tips
2. Improving productivity and time management
3. Managing stress in the workplace
4. Importance of good mental health
5. Mindfulness and movement in the office
6. Healthy routines/habits
7. Impact of food choices and hydration
8. Ways to improve sleep
9. Developing a Wellness lifestyle
10. Team building



- We work with your companies values and make the presentation relevant to your team goals.
- Provide resources to create healthier habits for both physical, emotional and mental health.

## OPTIONS

- **Option A**

A tailored Wellness presentation to your company/team

- **Option B**

A tailored Wellness presentation to your company/team plus each participant will take home our handbook, CM Wellness app and journal.



**Presentation can be done in person at your office or via zoom.**

**Contact the team to find out more -**

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