

Why Corporate Wellness?

Employer Benefits:

- Increased Productivity
- Decreased Absenteeism
- Increased Job Satisfaction
- Increased Retention Rates
- Healthier and Happier Employees
- Increased Success with Recruitment
- Better Teamwork and Communication within an Organization
- Decreased Injuries
- Positive Effects on Work Culture

Employee Benefits:

- Increased Job Satisfaction
- Decreased Injuries
- Better Work / Life Balance
- Increased Health in All Aspects of Life
- Relationship Building within the Workplace
- Improved Work Culture
- Positive Impact on Life Enjoyment and Happiness
- A Feeling of Appreciation and Investment in Your Personal Growth from Your Employer



**Breathing Life, Infusing Energy and
Building Strength Into Your Initiative**

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Realizing Your Potential Through a Healthier Workplace Built from Within



Take The Next Step Towards Vitalizing Your Workplace...

Health and Wellness Assessments

Surveying your team to give you a starting point in creating a healthy, happy workplace.

Health and Wellness Plans

This is the most comprehensive workplace wellness service that we provide. With this service you will be sure to experience a refreshing boost, and core strengthening within your organization that will lift your team to new levels! We will basically help you build a plan that will address your specific workplace wellness challenges. The steps we will take with your organization are:

- The Needs Assessment Phase
- The Core Team Phase
- The Empowerment and Planning Phase
- The Kick Off Phase
- The Maintaining Excellence Phase
- The Evaluation Phase



Workplace Wellness Seminars

- Active Living 101 - Basic Information on Active Living
 - Active Living 102 - A Step Above the Basics
 - Leadership
 - Teamwork
 - Stress Management
 - Back, Neck and Posture While at Work / Ergonomics
 - Positive Results Through Positive Attitude
 - Home/Work Balance
 - Maintaining Healthy Relationships With a Busy Work Schedule
 - Financial Health
 - Healthy Eating
 - Dealing with Change Positively
 - Shift Work Wellness
 - Staying Energized at Work
 - Smoking Cessation
 - Resolving Conflict at Work
- ... Just to name a few.

Workplace Wellness Seminars

Specifically For Management

- Increasing Productivity With Your Team
- Leading By Example - Increasing Your Health and Wellness and Encouraging Others to Follow
- Giving Constructive Feedback
- Implementing Change in a Positive Way
- Communication with a Team

Health and Wellness Challenges and Events

Energize and increase the morale of your team with a Wellness Challenge or an Event.

Retreats

Corporate Retreats set up to meet your needs and your budget.

Please contact the Vitalize Initiatives team for more information. Prices depend on numbers of attendees.

Shift Work Services

We offer programs especially designed for the needs of shift workers! The Shifting to Wellness program that we offer is the most effective program for shift workers on the market. It helps shift workers deal with the unique health and wellness challenges that can make shift work tough. We offer your shift workers:

- Shifting to Wellness Employee Courses
- Shifting to Wellness Employee/Family Courses
- Shifting to Wellness Seminars
- Shifting to Wellness Train the Trainer Programs
- Shifting to Wellness Monthly Theme Programs

