

# HEALTHY ZOOM

CREATE A HEALTHY WORKPLACE  
WITH HEALTHY TASMANIA PTY LTD



**HEALTHY  
TASMANIA**

## CREATING A HEALTHY WORKPLACE

The research is clear that creating a healthy workplace is good for business, however the process of developing and putting a plan into action can often be unclear and time consuming.

Online health and wellbeing webinars are now an effective strategy to help create healthy workplaces when delivered in addition to other traditional offerings (i.e. EAP).

Healthy Tasmania Pty Ltd has extensive experience developing, implementing and evaluating workplace health and wellbeing programs, including the delivery of monthly online webinars.

## WHAT YOU'LL GET

- 10 online health and wellbeing sessions (February – November) and access to some of Tasmania's and Australia's best speakers.
- Each session will be 45 minutes: 30 minutes presentation and 15 minutes for discussion, questions and activities.
- The sessions can be educational sessions, practical sessions or a mix of both.
- A bespoke program poster with all dates, session descriptions, links and your company branding.
- A strategic approach to holistic health and wellbeing education in the workplace, rather than an 'ad hoc' piecemeal approach.

## WHAT WE'LL DO

- Consult with you on your specific needs and workforce priorities.
- We'll host and deliver all sessions and manage the technology.
- We'll coordinate and pay a monthly expert speaker based on the topics you want.
- We'll record each session to be uploaded to your staff intranet or distributed via email, providing ongoing easy access for all staff.
- We'll provide access to our Zoom license.
- We'll liaise with key staff to encourage internal support and organise promotion



[www.healthytasmania.com.au](http://www.healthytasmania.com.au)

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## WHAT COULD A HEALTHY ZOOM SESSION COULD COVER?

- Exercise and physical activity
- Healthy eating
- Women's health
- Men's health
- Social and emotional wellbeing
- Smoking, alcohol and drug use
- Mental health
- Young people and mental health
- Financial health
- Gender and consent
- Preparing for retirement
- Active ageing
- Mindfulness
- Stress management
- Sleep
- Hydration
- Diversity and inclusion
- Habit setting
- Dealing with change
- Suicide awareness
- Conflict management
- Culture building
- Family violence awareness
- ...anything you and your staff need

## BENEFITS

- Complements your existing offerings
- Connects staff to professionals for ongoing support if required
- Supports local businesses and services
- Covers a wide range of topics
- Provides a variety of engagements methods (live, recorded)
- Helps to comply with your legislative requirements
- Increases productivity, morale, engagement
- Reduces workplace injuries and sick leave
- Improved corporate image and staff attraction

## CONTACT

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"I am proud to say that because of Healthy Tasmania's work, Sustainable Timber Tasmania is leading the way in the Australian forestry industry in our whole person approach to mental and physical health support. I would highly recommend Healthy Tasmania for any work related to the health of your employees, getting the best from them and working in partnership with organisations to make it happen"

**Steve Whiteley, CEO, Sustainable Timber Tasmania**