

Bulletproof People - Women's Health In The Workplace



FOCUS: Establishing a set of 'healthy' convictions, that will drive a 'healthy' workplace culture.

LENGTH: 3 options

- 30 min Lunch & Learn or Toolbox
- 60 min Keynote or Seminar
- 2 hr, 4 hr, or 6 hr Workshops (customised to the client's needs).

GROUP SIZE: Various

METHOD:  Personal reflection  Pairs collaboration  Group think & action

AWARENESS

1. The biggest killer of women.
2. Think>Feel>Do. (Choices?)
3. Health and the impacts on safety and productivity.

IDENTIFY

1. What have I inherited?
2. What goes in? (Diet, exercise & stress).
3. Roadblocks to success.

FUTURE

1. Role models.
2. Looking out for each other.
3. Building a legacy.

TRANSFORM

1. Building a set of personal and professional convictions.
2. What will be our 'group' behaviour?
3. 30 / 60 / 90 Day accountability.