



Wellbeing Modules

All modules can be delivered to groups large or small and either face to face or using conferencing and broadcast technology depending on your wellbeing strategy.

Core Modules

Each Altius Wellbeing Package includes our three one hour core modules:

AltiusLife Launch

Engage your employees with everything they need to know to benefit from the digital platform and app. This module gives an introduction to the behavioural change science behind the platform with a focus on how employees can maximise the features to boost their health and wellbeing.

Physical Wellbeing Boost

An introduction to the top tips, trends and takeaways for a wellbeing boost to everyday activity and nutrition that is meaningful and achievable for all.

Mental Wellbeing Boost

With one in five people experiencing poor mental health, this module provides education to support individuals to feel equipped to recognise key issues and provides resources and direction to navigate mental health challenges.

Physical Health Modules

Move More

Too busy to exercise? Sitting all day? Incidental activity is key to optimising daily movement. Learn how to integrate lasting habits into the everyday for health improvement. Incidental exercise is shown to reduce risk factors of chronic disease and improve physical and mental wellbeing.

Optimising Health Through Nutrition

Delivers recommendations for optimal health and wellbeing, including nutrition anchors and advice to keep you physically and emotionally well. Covers the foods and nutrients that support mood and brain health to boost concentration and mental clarity as well as those to aid anxiety, stress and depression.

Manual Task Training

Are you managing your employees risk? With over a third of workplace injuries associated with manual tasks, we guide employees through best practice for lifting, carrying, pushing, pulling or holding a load, object or person. This module is tailored to cover duties specific to each workplace.

Ergonomic Training for the Working Environment

Whether your team is on the road, based at home or in an office, these latest tips and techniques will ensure they create an optimal match between

themselves, the work they perform and the equipment they use. Promote health and morale, minimise injury risk, boost productivity and decrease staff turnover and absenteeism. Designed and presented by our physiotherapists, occupational therapists and exercise physiologists, this module fosters an ergonomics ethos across all levels of your organisation.

Mental Health Modules

Changing Habits to Optimise Health

We develop good and bad habits throughout our lifetime. Some of these can become firmly entrenched and are difficult to change. However, changing habits can help transform stress, build confidence and create a happier and healthier lifestyle. Learn tips and strategies to make lasting change and embrace new habits to improve wellbeing.

Stress and Anxiety

Stress and anxiety are often viewed interchangeably, however there are differences in the causes and management of the two states. Knowing how to treat stress specific issues can increase resilience, performance and improve subjective wellbeing. This module defines stress, helps participants distinguish stress from anxiety and provides practical stress reduction strategies.

Building Resilience

Why is it that some people seem to have the ability to bounce back from adversity and continue to develop and grow? This module explores the concept of resilience and why it is so important. Practical resources are provided to support the development of resilience in individuals.

Sleep Management and Fatigue

Inadequate sleep can affect our general health and wellbeing, reduce workplace productivity and performance and impact decision making. Establishing good sleep habits and routines is also important to achieve optimum health and wellbeing. This session provide insights and strategies to improve sleep quality and help optimise sleep habits.

Emotional Intelligence

This session is designed to increase self-awareness of current emotional intelligence including non-verbal behaviour and the emotions of others. Enhance decision-making and people skills using a healthy balance of emotion and reason whilst identifying strategies for building resilience.

Healthy Body, Healthy Mind

It isn't often that we consider the interactions between body and mind. Fascinating research continues to grow in the area of mental health, digestive health and the key to holistic wellbeing. This module explores the connection physical health and diet has with mental health and mood, including tips to create and maintain biological and psychological wellbeing.

Positive People and Psychology

This highly interactive module will allow you to explore the idea that changing our way of thinking can have a positive impact in different areas of our lives. Learn strategies and tips to improve your own positivity and manage your thoughts to improve your wellbeing.

Digital Health

In such a technology dependant age, finding the balance between helpful and unhelpful technology use can be difficult. Current research reveals staggering associations between neuroplasticity, brain stimulation and technology use on how we act and interact. This modules offers tips on balanced technology use for a healthy relationship with ourselves and others.

Social Health

Enhancing Your Relationships

Human beings are naturally social, we crave friendships and positive interactions. This module offers insights on how to build, maintain and repair relationships across professional and personal situations with practical strategies and ideas.

Engaging with Your Community

It is now recognised that a meaningful Corporate Social Responsibility policy and community engagement is vital for company reputation and attracting and retaining employees. Explore the connections employees can make, the wellbeing benefits of engaging with their community and the opportunities available both internally and externally.

Create the Life You Want

If we are unaware of our values and how they align with our responsibilities and tasks, we may be unsatisfied with our lives. This future focused module encourages participants to identify their values and take intentional action to help them live their values and achieve goals of importance to them. Aligning personal values and purpose is increasingly recognised as the key to living a more fulfilled life.

For further information on Altius Group Wellbeing Packages and Modules contact **1800 258 487** or visit **altius-group.com.au**