



Total Solution Consultancy Ltd.

COACHING \* LIFESTYLE \* WELLNESS

# Health, Lifestyle & Wellness in the Workplace



How TSC can help to create effective and relevant wellness programmes



# Things to discuss

## Key takeaways:

- Why implement programmes
- Where to start – the 10 step process
- Workshops & activities



# Why?

Employee wellness programmes assist in attracting top talent, keeping them happy and productive and reducing employee turnover – crucial organisational behaviours in the highly competitive Macau Human Capital market.

Our programmes help employees to adopt behaviours that improve their health, creating a happier, healthier workforce. Wellness programmes can help to reduce stress among employees. ... Stress can lead to lower productivity, reduced morale, and even absenteeism.



## Greater productivity

Reduce absenteeism, improve productivity and boost job satisfaction



## Increased morale

Wellness programmes demonstrate goodwill from an employer towards employees and therefore tend to have a positive effect on employee morale



## Improved relationships

By aiding employees to reduce stress, fatigue, anxiety and other conditions that lead to conflict and bullying in workplaces, wellness programmes improve relationships among employees by minimizing conditions that lead to bullying.



## Reduced costs

Having healthy employees has clear financial benefits, and can drastically reduce healthcare costs for employers.



# Where to start

## TSC's 10 STEP PROGRAMME

TSC can tailor wellness programmes to suit each organisation's needs following our 10 step process with the TSC difference in that we encourage reinforcement and follow-up to reinforce behavioural change.

Individual wellness programme components, workshops and activities can be implemented upon request.



# Wellness Workshops & Activities

Examples of what we can do



## Private Group Fitness Classes

Either during lunchtime or after work. TSC can tailor a programme for your team and work with each individual to give them the tools to creating habits to drive sustainable lifestyle change



## Team Challenges

TSC can facilitate challenges to drive employee engagement in wellness initiatives with a bit of fun being added such as adding a company bingo board to pit each division against each other to create friendly rivalry. Challenges can be as simple as daily lunch time walks or guided meditation for example.



## Arts & Crafts

Arts are a great way to express ones creative side, reduce stress and get in touch with your feelings. TSC facilitates activities such as painting, cake decorating, flower arranging and more.



## Healthy Cooking

Cooking classes can soothe stress, reduce negative thinking and build confidence.



## Spa & Relaxation

Massage therapy is thought to induce a relaxation response and strongly aids in overall wellness. TSC can provide a range of relaxing massage or aroma facials to aid in overall wellbeing.



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# Contact Us

We'd love to talk about all things wellness.



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