



Corporate Wellness Seminars



A crucial offering for companies striving to be an 'employer of choice'

Corporate Wellness Seminars will improve your company's absenteeism, injury risks, health status and work-life balance, through staff education and up-skilling. Our Corporate Wellness Seminars are interactive, so your staff will leave with practical health improvement strategies.

We use only the highest qualified and skilled presenters. For each seminar we provide a presenter who is qualified to present on that particular topic. Our presenters are highly regarded and experienced within the corporate field, elite sporting arena and media fraternity.

Choose from the following topics:

The 6 pillars of health and wellness

- Learn about the 6 aspects of your lifestyle that have the greatest impact on your health
- Set specific health and lifestyle goals
- Leave with practical strategies to improve your health and wellness

Work-life balance

- Better understand the stress hormones and their impact on you
- Learn stress management and relaxation strategies
- Gain time management tips to get the most out of each day
- Achieve a balanced 'wellness wheel'

Gender health

- Learn about gender-specific health concerns and how to minimise your risk

Smoking, alcohol and other drugs

- Learn about the research and effects of smoking, alcohol and other drugs
- Find out how many 'Big Macs' your weekend drinks are equivalent to
- Explore strategies to manage smoking, alcohol and other drugs in your lifestyle

Achieve and maintain a healthy weight

- Learn how to spot a 'fad diet'
- Explore the hormonal effects of 'yo-yo' dieting
- Gain practical strategies to achieve and maintain a healthy weight long term

Five minute fitness

- Equip yourself with simple 5-minute exercises you can do at your work desk or at home
- Say goodbye to back and neck pain, through improved posture

Maintain optimal health

- Learn about ways to prevent diabetes and heart disease
- Stay well through winter

Making smart food choices

- Become skilled at interpreting food labels

Tips for the frequent traveller

- Get an exercise program you can use to keep active in your hotel room
- Learn what to look for on the restaurant menu

Brain foods

- Find out which foods boost alertness and productivity
- Learn how to maintain your brain power throughout the day

Results for Your Company

"We enlisted Complete Performance solutions to run seminars for our team on nutrition, stress management and interpreting food labels. It is important to us that we are able to equip our people with information on how they can improve their lifestyle balance and overall wellbeing. They worked with us to develop tailored sessions and we have had a great response from our people. We will definitely continue making the most of their services."

Anna Sinton – KPMG Human Resources

