

# RECOVRE WELLBEING SERVICES



All employers have legal responsibilities to ensure effective systems are in place for monitoring the health & wellness of workers and workplace conditions.

Promoting physical and psychological health and wellbeing for your employees ensures that you maximise the benefits that can be achieved for your organisation.

Recovre has a team of Allied Health (including Psychologists and Rehabilitation Counsellors) and WHS specialists that provide a range of wellbeing programs to meet your workplace requirements.



A healthy workplace provides a positive ROI



Businesses that care about good mental and physical health and wellbeing attract and keep top talent because they're great places to work.



As well as benefiting employees, a mentally healthy workplace is also better for your bottom line, through staff engagement, higher productivity & retention and reduce absenteeism.

*Our mission is to make a difference by helping people to be safe, healthy and productive at work.*

Recovre can be flexible with the wellbeing programs that best suit your workplace. Some programs have included; a calendar of lunch and learn wellbeing programs; progressive wellbeing development programs (including health passports); one off sessions or seminars; health and wellbeing expos.

## SOME WELLBEING SERVICES INCLUDE:

### TRAINING SERVICES

- Worksite preventative exercise programs
- Physical Wellbeing, Fitness & Healthy Eating
- Yoga at the desk
- Preventing and managing Workplace Stress
- Strategies to manage the aging workforce
- Worklife balance
- Women's Health/Men's Health
- Mental health literacy
- Psychological first aid
- Assertiveness skills & Influencing Skills
- Building emotional resilience
- Fatigue management
- Tips for shift workers
- Substance abuse
- Appropriate workplace behaviours
- Workplace Bullying and harassment
- Managing interactions with "Difficult " people
- Mindfulness

### CONSULTANT SERVICES

- Developing Health & Wellbeing calendars
- Pre-Employment Medical assessment & Pre-Employment Physical assessment
- Wellbeing surveying
- Review of Work Health, Safety and Wellbeing Policies & Procedure
- Employee Assistance Programs
- CBT based return-to-work programs
- Other specialist consultancy services are available upon request.

For private training needs contact us.

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