



WholeME

OPTIMISING PEOPLE AND PERFORMANCE



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Holistic employee wellbeing programme

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2021



WholeME 2021 Wellbeing

WholeME 2021 is a robust, year-long holistic employee wellness programme, designed to maximise employee performance, at the same time optimising health and happiness. Made up of 60-minute workshops they are science science-based, interactive and grounded in practical everyday examples.

The future of health is taking a [holistic view](#). We need to consider the individual as a whole for optimal health - recognising all four aspects of wellbeing: mental, emotional, physical and internal. As with any ecosystem, each part is interdependent and relies on the health of the others in order to truly thrive.

“The whole is greater than the sum of its parts.”



WholeME 2021 Wellbeing Calendar

| Key Benefits | Key Features | How it works |
|---|---|---|
| <ul style="list-style-type: none"> Designed to increase employee focus, creativity, problem solving, innovation and decision making Greater resilience, engagement, productivity and retention Compliments an existing H&S programme and current wellbeing initiatives Takes a proactive approach to preventing stress, anxiety, hostility, burnout and sick leave Supports the demand of an Agile working environment | <ul style="list-style-type: none"> Tailor-made - based on results from your Optimise360 Audit Takes a holistic approach Strategic year-long programme - consistently keeping wellbeing top of mind Offers regular opportunities for employees to stop, reflect, learn and integrate wellbeing practises Short, sharp, onsite sessions (can be taken on lunch break), allowing for busy schedules Specialist facilitators with corporate backgrounds and management experience | <ul style="list-style-type: none"> Each workshop is 60-minutes, hosted by one experienced facilitator for a maximum of 16 people Hosted onsite - in your board/meeting room Combination of prework, worksheets, discussions, accountability and follow up resources Select a variety of workshops under each dimension to create balance and ensure there is something for everyone |

| Example Timing | Dimension | Workshops |
|-----------------------|--|--|
| Q1 - Feb, March | Internal Drivers Our sense of purpose, intrinsic motivation and balance | <ul style="list-style-type: none"> The shift to a whole-person approach (recommended) The science of lasting behaviour to achieve your goals (recommended) Morning rituals to win the day Defining your values to navigate life |
| Q2 - April, May, June | Mental Sharpening our capacity to focus, create and produce | <ul style="list-style-type: none"> Secrets of the mind - to unleash performance Maximise productivity, minimise distraction User guide to your high performance brain Tool kit of fast effective relaxation techniques for busy people |
| Q3 - July, Aug, Sept | Social/Emotional Developing resilience, emotional awareness and strengthen relationships | <ul style="list-style-type: none"> Daily science-based happiness practices Mindfulness and meditation 101 Purposeful connections Emotional awareness - recongise and regulate Building a culture of intrinsic security |
| Q4 - Oct, Nov | Physical Fueling our bodies with energy and get up and go | <ul style="list-style-type: none"> Make sleep your superpower MoveMORE - increasing incidental movement The science of stress - mind-body connection Nutrition neal plan for high performance |

*Whilst these topics have been placed under their more traditional headings, we recognise as is the very nature of this programme, these aspects of wellness are all interconnected and crossover.

Meet your Facilitators

Rise
Shine



Jo van der Walle

Jo is an accredited coach with a background in instructional design, HR and learning and development. With over eight years' experience developing, designing and facilitating workshops for some of New Zealand's leading organisations. Jo inspires others to live a healthier, more balanced life. She has a special interest in self-leadership, wellness, self/social awareness and positive psychology.

Her speaking experience varies from facilitating with small groups and leadership teams, right through to keynote speaking to large audiences in the hundreds at industry events. Jo's University studies included Sport and Recreation at University including papers in Nutrition, Anatomy and Physiology and Exercise Principles.



Kristy von Minden

Kristy is an accredited Mindfulness teacher with a special interest in Neuroscience. An experienced facilitator and keynote speaker, Kristy speaks at events and works with some of New Zealand's biggest business, supporting them with their wellness programmes to reduce stress in order to enhance health, happiness, productivity and creativity.

With a Bachelor of Communications, before she moved into the wellness world, Kristy spent 15 years in corporate communications, working with some of New Zealand's biggest brands and managing a large team. With her extensive corporate background and management experience, Kristy intimately understands the stressors and pressures of the modern workplace, both from a management and from an employee perspective.

Some of the forward-thinking, leading brands we've worked with:

sky CITY

AMP

ASB

SONY

SERVILLES

yellow

BAUER
MEDIA GROUP

BOSCH

Russell
McAugh

MEDIAWORKS

Fletcher
Building

Other facilitators

We also work with a selection of qualified facilitators





Investment

| | | |
|--------------------------------|----------------------------------|--|
| WholeME Mini | WholeME Mini | Performance + |
| Book one workshop | Book two consecutive workshops | WholeMeMembership (minimum 9 work-shops) |
| 960 + gst (\$60 per person) | \$800 + gst (\$50 per person) | \$720 + gst (\$45 per person) |

Please get in touch to discuss your specific requirements: Book in your **free Optomise 360 Audit**

Email: jo@riseandshinegroup.co.nz
Phone: 022 315 5100

Email: kristy@mymindbright.com
Phone: 021 985 207