

Wellness Seminar/Webinar Quote

Thank you for your request for a quote for our onsite (or remote) 60-minute wellness seminars. Our training is designed to inform, motivate, and empower employees to experience healthy and vibrant work lives, through making positive and proactive changes. Detailed below are details of the various seminars

General:

Each Wellness Seminar includes:

- An enjoyable and engaging experience for participants that encourages:
 1. taking pro-active action (to prevent ill-health, injury and unnecessary stress at work).
 2. taking small practical steps (to achieve maximum health and happiness at work).
 3. selection from a range of practical tools (as no one answer suits every person).
- A presentation by one of two experts with first class qualifications and relevant industry experience, who research and publish in the areas in which they train.
- A presentation that keeps to time!
- Training that is fun, interactive and encourages participation.
- Seminar material that is well researched and up to date, drawing on a wide range of disciplines including physiology, psychology, and sociology.
- The seminar can be delivered face-to-face in the Greater Auckland Area or via Zoom (or similar platform) nationally.

Required:

The trainer requests that:

- the team manager is present for each seminar/webinar. Workplace wellness interventions are shown to be most effective when modelled by management.
- each person attending a webinar uses their own device. This enables more interaction through the use of polls, quizzes etc.

Our Range of Seminars:

1) Managing Time, Managing Results

Presenter: *Kathryn Oowler*

Managing time, helps you get the results you want in work and life. It is about prioritising what is most important to you and focusing your energies on achieving desired outcomes. This seminar outlines three effective prioritising principles to help you gain clarity and focus, as well as reduce unnecessary stress - (1) setting big picture outcomes (yearly), (2) agile planning (on a weekly and daily basis) and (3) putting in place tips and techniques to stay focused and on track.

At the end of the seminar, participants will be able to:

- tailor effective time-use strategies to their individual needs and workplace.
- set big picture goals to guide focused action.
- plan in an agile way (on a monthly, weekly, and daily basis) - showing flexibility, while avoiding stressful, reactive 'crisis' situations
- implement techniques to stay on course, including focusing their energy (most productive times of the day, the pareto 80/20 principle), negotiating workloads (through effective good communication) and staying on top of email (the new in-box).

2) Beat Stress and Boost Positive Mental Health

Presenter: *Dr Kathryn Owler*

Today's work environment can be challenging. We often feel like we are 'always on', due to a range of technologies & other demands, which can impact our mental & emotional health. However, the good news is that we can take back control, and make great choices, for the good of our work and our health. This enjoyable seminar explores some timely strategies to beat contemporary stresses and positively boost our mental health!

At the end of the seminar, participants will be able to:

- identify their own personal stress response and buffers.
- draw on a toolbox of practical mindfulness strategies to take control, make positive choices & thrive at work!
 - doing one thing at once
 - connecting with your breath
 - sharing in positive ways
 - playing with words

3) Navigating Change

Presenter: *Dr Kathryn Owler*

It is often said that there is nothing permanent, except change. If this is true, why is it often hard to navigate change? The fact is that change happens in different ways. Sometimes we instigate change, while other times, change happens to us. While both forms of change can cause stress, it can be harder when we have little control over the change. This seminar provides a way of understanding and navigating change, identifying key stages in the change process and positive actions we can take to understand and manage our responses at each stage. In this way, we can take ownership in the change process – as it becomes part of our journey - steering our way to a bright future! At the end of the seminar, participants will be able to:

- identify the 5 steps or stages of change
- implement practical strategies to move proactively through each stage
- take ownership of the change process towards a bright future!

4) Positive Communication

Presenter: *Dr Kathryn Owler*

Good communication is crucial to everything we do! But, it is not always easy. This seminar provides participants with some great tips and tools to connect well with others. Learn to communicate successfully – and be influential - both at work & home! At the end of the seminar, participants will be able to:

- recognise that the 'stories' we tell ourselves about other people's intentions may not always accurate.
- smooth situations out with an easy technique when someone has misunderstood our intent.
- structure important conversations to achieve constructive outcomes.
- positively influence relationships and problem-solving at work.

5) Be a Happy Computer User: Staff Ergonomic Awareness

Presenter: Ross Thomson

Is your work predominantly office-based? If so, you probably spend a good deal of time stationary at your computer. This is a challenge for a body which is designed to move! However, computer use doesn't have to lead to pain and discomfort. This seminar provides information about the causes of computer related pain. It then outlines the steps required to help you set up your Workstation successfully (with optimal ergonomic settings). Finally, it discusses the need for regular movement and helpful stretching during the day.

The following topics are covered in this seminar:

- OOS, RSI and other related pain issues
- DPI (Discomfort, pain & injury) - the ACC model of pain
- Contributory factors to DPI
- The four reasons why our body gets sore when working at a computer
- What is good posture and how to maintain it
- Easy to remember tips for how to set up your desk ergonomics (for both office and home environments)
- Workstation hardware optimal settings (including chair and monitor)
- Reasons to stretch and move regularly
- On-line stretching exercises

6) Work Ergonomics & Manual Handling Awareness

Presenter: Ross Thomson

Does your workplace have staff that carry out computer activities alongside manual handling duties? If so, you will be aware that both activities can result in varying degrees of discomfort and/or injury. This seminar provides information about the causes of both computer and manual handling related pain. It then outlines the steps required to:

1. help you set up your Workstation successfully (with optimal ergonomic settings).
2. help prepare, both body and mind, for manual handling (light) duties.

The following topics are covered in this seminar:

- OOS, RSI and other related pain issues
- DPI (Discomfort, pain & injury) - the ACC model of pain
- Contributory factors to DPI
- The five reasons why our body gets sore while at work
- What is good posture and how to maintain it
- Easy to remember tips for correct workstation ergonomic setup
- Workstation hardware optimal settings (including chair and monitor)
- Access to on-line stretching exercises
- Preparation of both, mind and body, prior to Manual Handling activities by using the PRAM acronym (**P**ause, **R**eset, **A**ctivate, **M**ove)

Pricing:

Lunch and Learn - 60-minute Seminar \$649 plus GST (per seminar)

Important Notes:

1. Prices quoted are based on location of your business within the greater Auckland area. (For businesses outside this area additional travel costs will be included- see below).
2. Your invoice will also include reimbursement for any parking charges incurred per site visit (up to a maximum of \$20.00+GST).
3. Prices quoted are valid for 3 months from date of quote.
4. All prices are quoted in \$NZD.

Travel Costs:

Travel costs will be charged, in addition to the above training costs, to any business located out of the Greater Auckland Area.

Additional travel costs can include the following, as applicable:

- Airport parking fees
- Taxi fares
- Airplane travel from Auckland to destination city & return (same day)
- IRD travel rate per km of \$1.04 (e.g. if driving to Hamilton).
- Any parking fees incurred at the destination business site

Payment Terms:

Payment is due on the 20th of the month following the initial consultation.

Overdue accounts will incur a surcharge of 2.5% per calendar month.

Presenters:

Dr Kathryn Owler

- Doctor of Philosophy (UNSW, Sydney)
- M.A. Sociology (honours) (University of Auckland)
- B.A. Sociology & Music
- (Workplace) Wellness Wise™ Accredited Practitioner, Wellness Wise Academy
- International Life Coaching Certificate
- Emotional Culture Deck Facilitator

Kathryn has had a lifelong interest in vocational experience, specialising fun and job crafting at work. She has researched and written a good deal on the subject including published academic papers, magazine articles, blogs and a memoir *Fun at work: A journey of acceptance, joy and true meaning*. Kathryn also has extensive experience as a trainer, facilitator and coach. She has worked in several industries including the community sector and education and presented training in organisations from engineering to the arts. Kathryn is a founding director of Joyworkz, where she loves supporting teams and individuals to thrive.

Ross Thomson

- Dip. Therapeutic Massage (NZCM)
- NZCE Telecoms Engineering
- Therapeutic Massage Therapist

Ross Thomson has over 42 years of work experience including Telecoms Engineering (Technical & Management), Industrial Automation Engineering, Sales Engineering & Sales Management. He has also trained in Health and Wellness as a muscular-skeletal practitioner. Ross is a founding director of Joyworkz, where he works as an ergonomic expert. He also regularly runs in-house training courses for businesses.

SUMMARY:

Joyworkz is a workplace wellness company that promotes well-being and enjoyment at work. We work primarily with employees in office-based environments to promote healthy lifestyles, positive attitudes towards stress and injury prevention and work in general. Other services offered by Joyworkz are:

- Workstation Assessments (for acute discomfort cases)
- Workplace Assessment Training
- Team Building
- Workplace Health Checks

Joyworkz would be delighted to assist you with these services if required.

If you require any further information or clarification about our services, please feel free to contact us and we will be happy to respond promptly.

PLEASE NOTE THE FOLLOWING PRIVACY CLAUSE:

The information in this proposal is intended for your use only. Joyworkz would ask that it be treated as privileged information and not be distributed outside the organization.

Have a Joyful Day!



Dr Kathryn Owler & Ross Thomson
Company Directors
Joyworkz Ltd
2025