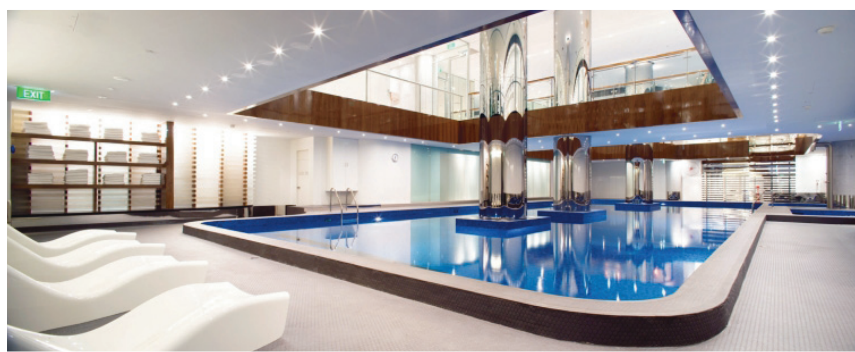


IS YOUR BUSINESS TAKING CARE OF ITS MOST VALUABLE ASSET?

THE RIGHT BALANCE IS A HEALTH MANAGEMENT CONSULTANCY SPECIALISING IN WORKPLACE HEALTH PROMOTION PROGRAMS AND HEALTH COMMUNICATIONS.

The Right Balance Program

Is designed to raise health awareness, build knowledge and develop skills. The program focuses on screening nutrition, stress and physical activity, coupled with customised wellness seminars and programs tailored to meet the needs and interests of the organisation.



THE RIGHT BALANCE

PROMOTING THE ART OF HEALTH

PROGRAM OUTLINE

Option 1: Half Day Booster Session (3 hours)

Soak up the morning with health & well-being. Held onsite at the beautifully renovated fifty-four park st health club and day spa, the morning will feature a 1-hour stress busting yogalates session; followed by a 1-hour workshop filled with practical tips and best practices around incorporating nutrition, fitness and wellness into a hectic schedule; polished off with a nourishing morning tea.

Option 2: The Right Balance Program (spaced over 3-4 months)

- 3 x 1- hour workshops
- 1 x one-on-one health consultation (optional)
- Wellness Toolkit: x 12 monthly **Healthy Living** newsletters. Each newsletter is filled with up-to-date, reliable, accurate and practical information on today's health facts. The newsletter is a wonderful support to the workshops and health consultations, and serves as a "positive reminder" tool for any corporate office.

POTENTIAL OUTCOMES/BENEFITS

- Enhanced business performance
- Reduced health risk factors
- Decreased costs related to injuries/illnesses
- Enhanced morale
- Improved capability to cope with work and general life stressors



PROMOTING THE ART OF HEALTH

HEALTH CONSULTATION OUTLINE

The initial health consultation consists of a complete lifestyle assessment, review of past and current eating habits, and development of a healthy eating and physical activity program, including tailored and specific strategies to meet health and wellness goals.

WORKSHOP OUTLINE

WORKSHOP 1- BRAIN FOOD FOR BUSINESS

- Are you on a roller-coaster ride of energy highs and lows? Small nutrition changes can create big energy shifts. This workshop explores the link between eating behaviours and work productivity.
- The focus is on choosing the right food as fuel, and the powerful effect that food has on energy levels, weight management, and work performance.

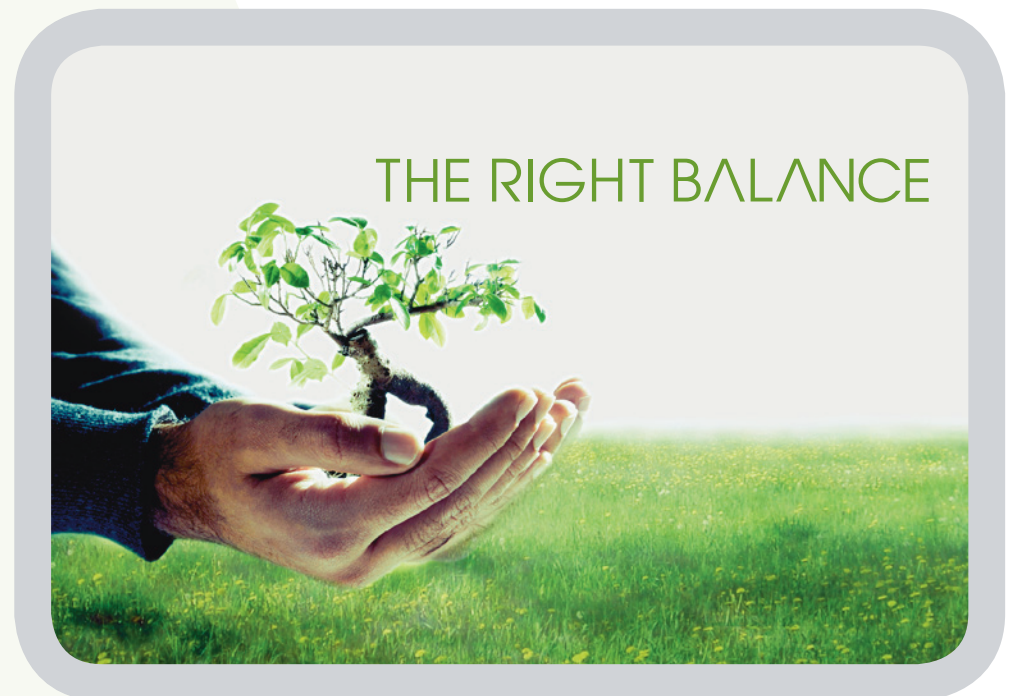
WORKSHOP 2 - MIND YOUR BUSINESS

- Did you know that your mood and emotions directly influence your food choices? This workshop explores the proven connection between the mind and body and how thoughts and emotions directly impact on physical health and wellbeing.
- Participants will explore the body's physiological response to stress. Learn effective strategies to deal with stress and burnout.

WORKSHOP 3 - LIFESTYLE MANAGEMENT

- From prevention and treatment of chronic disease such as heart disease, diabetes, blood pressure and cancer, this workshop will cover the latest information on women's and men's health issues.
- Participants will also explore the fundamentals for establishing and maintaining work/life integration.

PRACTICAL HANDOUTS WILL ACCOMPANY ALL WORKSHOPS TO PROVIDE BACKUP TO WORKSHOP CONTENT AND SHOW HOW EASILY HEALTH ENHANCING CHANGES CAN BE INTRODUCED TO ANYONE'S LIFESTYLE.



YOUR WORKSHOP FACILITATOR

KATHLEEN ALLEAUME

Kathleen Alleaume is the founder and principal of The Right Balance. She is an Accredited Exercise Physiologist and Nutritionist (MSc). For the past 10 years she has designed and conducted health education seminars with a focus on nutrition, exercise and behaviour change in a wide range of settings from academia to corporate work-sites.

Her trademark **Brain Food for Business** Workshops have been presented to some of the largest organisations in Australia including, Westpac, National Australia Bank, Crisp Legal Group, Australian Consolidated Press, Capgemini and Breakaway Travel.

As a member of the Exercise and Sports Science Association (ESSA) and Dietitians Association of Australia (DAA), Kathleen is committed to building, supporting and preserving the integrity of her profession through on-going education and learning.

FOR MORE INFORMATION

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