

Lunch & Learn

Workstation Comfort and Performance Review

Practical short talks delivered in person or virtually



Expanding employees' **Health and Wellbeing** skills is essential to reduce increasing rates of **absenteeism, presenteeism, stress and attrition** is now essential.

” Over 80% of office and call centre staff report work-related musculoskeletal aches and pains, and over 11% suffer from chronic pain. Chronic pain costs the Australian economy over \$7Bn in lost productivity every year.

” Less than 10% of people implement current ergonomic training they have attended into their day-to-day jobs. This poor implementation is not the fault of trainees. It's the way training has been delivered.

Let us introduce you to this extended tier of training, building new ergo and self-care competencies that translates the ergonomic and wellbeing recommendations into personalised actionable work skills. These are the new Personal Protective Behaviours (PPBs) for computer-based work that increase comfort and productivity, and decrease stress and the chance an expensive and career limiting injury.

CALL LIZ NOW!
0408 751 379



LEARNING OUTCOMES



Discover

- ✓ The need for self-care competencies for computer-based work.
- ✓ How this PhD-developed training will provide immediate benefits for employees and the business.



Learn the Essentials

- ✓ Why your employees are suffering.
- ✓ The common pain points and easy solutions in the three key areas
 - Targeted Physical Conditioning
 - Personalised Office Ergonomics
 - Postive Work Behaviours
- ✓ The 45-second sequence that resets any workstation to match personal stature and work tools
- ✓ The new Personal Protective Behaviours (PPBs) needed to protect the body from the stresses of extended computer-based work.



Refinable Content

- ✓ Program content is refined to match the needs of your workplace and team—**no cookie-cutter programs here!**



Demonstrations

- ✓ Demonstrations of core skills, supported by additional coaching and Q&A, to ensure attendees have the skills and confidence to implement at least three new skills.



The Start of the Journey

- ✓ Expand your vision of WHS & Wellness training to include new ergo and self-care competencies.
- ✓ Fun and interactive, this Lunch & Learn introduces employees to the extended range of work skills needed for today's agile, computer-based, and increasingly sedentary work environments.
- ✓ Attendees walk away with at least three new ergo and self-care skills.

Why Book This Lunch and Learn

° Our increasingly agile, hot-desking, sit-stand, telecommuting, multi-screen-using workforce has created a level of complexity current office ergonomics training was not designed to manage. While you have done all the currently available office ergonomics training with your teams, this **Lunch and Learn** introduces a **new tier of training specifically designed to bridge the health, wellbeing and productivity training gap**.

° **Developed through PhD research**, talks and workshops translate ergonomics and wellbeing advice into personal protective behaviours (PPBs), the **new self-care competencies** that make office ergonomic recommendations easy to personalise and quick to apply to any work (or leisure) situation – **providing immediate benefits** to your employees and increasingly reducing rates of absenteeism, stress and attrition.

Make this Lunch and Learn part of your workplace health and wellness plan this year!

SCAN HERE



Beyond Ergo Training

We help businesses improve productivity and reduce the risk of work-related injury claims. We do this by extending current training and building the Personal Protective Behaviours (PPBs) needed to decrease the work-related pain and injury associated with computer-based work.

Created through PhD research and informed by industry needs, this training introduces a new range of awareness, knowledge, positive work behaviours, targeted physical conditioning exercises and personalised office ergonomic adjustments that easily and efficiently reduce absenteeism, presenteeism, stress and attrition.

This training builds the Personal Protective Behaviours (PPBs) to form the foundation of the Ergo and Self-Care Competencies needed by today's mobile, screen-intensive and increasingly sedentary workforce.

[Click here to book a discovery call with Liz to find out more!](#)



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