

select
wellness

empower
your people



“The business case for genuinely **supporting the wellbeing of your people** is no longer in question. Our goal is to make sure your program is the one out of every four that delivers.”

select wellness

Select Wellness work with your organisation to design and deliver a range of strategic wellbeing services to best empower, engage and energise your employees.

select leaders

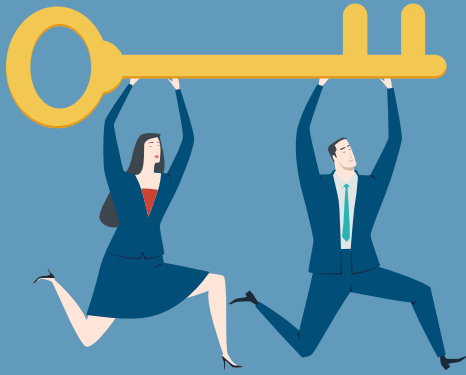
Select Leaders design programs to equip leaders to sustain peak performance, lead wellbeing and reduce their risk of burnout.

select support

A preventative approach to mental health and general wellbeing that will support your employees in even the most challenging times.

select advisory

Strategic advice on how to embed wellbeing at every level of your organisation.



Our Key Influences

The Ripple Effect of Leader Led Wellbeing

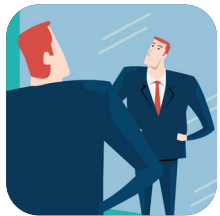
At the core of organisation wide employee wellbeing are leaders. How leaders manage their own wellbeing, the extent to which they model healthy work practices and their capacity to actively lead wellbeing will

- Improve the wellbeing & mental health of your employees
- Increase levels of productivity, engagement, innovation, adaptability & key staff retention
- Future proof your organisation to deal better with the challenges of tomorrow

The Select Leader wellbeing services have been designed to actively address the greatest risk to your ongoing success – the wellbeing and burnout prevention of your leaders.



In 2019 the World Health Organisation officially recognised **burnout** as a global workplace crisis.



The Importance of Self Awareness

Whether you are a leader or a part of a team, burnout prevention and **enhancing your wellbeing** begins with an honest assessment of your self and how you are operating across all of your wellbeing domains.

Our **3 month programs** and Wellbeing Walk Ins have been designed to specifically switch on and challenge participants to **get real and take responsibility** for what they need to change both at home and at work.



Behavioural Change

‘I know what I should be doing, why don’t I do it’ is the number one barrier to turning your awareness into a sustained life and work style change.

From the factory floor to executive leadership teams our 3 month programs and Wellbeing Walk Ins use the latest in behavioural change science to ensure every participant receives their own individualised tools, resources and strategies to achieve lasting change and prevent burnout.



Support your Leaders

Leaders are known to be most at risk of burnout and their workplace behaviours have the greatest impact on the likelihood of their team’s burning out.

Select Leader’s wellbeing services have been designed to address the unique challenges faced by leaders and to reduce the risk of burnout contagion.

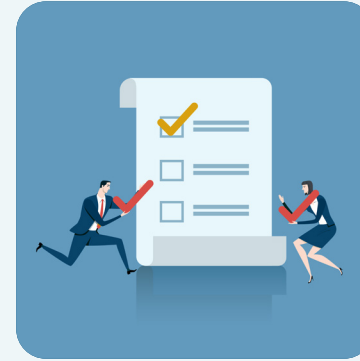
Services

Select **Wellness** work with your organisation to design and deliver a range of strategic wellbeing services to best **empower**, **engage** and **energise** your employees.

There is no one size fits all when it comes to wellbeing.



WELLBEING WALK-INS



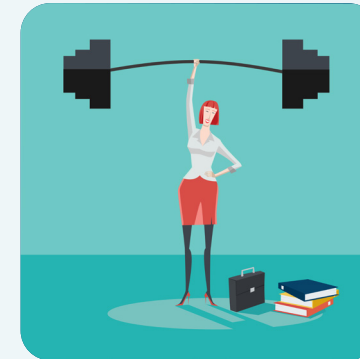
EMBEDDING WELLBEING WORKSHOP



BEHAVIOUR CHANGE PROGRAMS



CONSULTING



COACHING



SUPPORT | EAP



WORKSHOPS



FRAMEWORK DESIGN



OFFSITES

“ **Select Wellness** has helped evolve the Optus Wellbeing Program into one of the most successful corporate programs in Australia.



Megan Kingham
Optus



Kellie Egan
Atlassian

“ Organisations cannot afford not to involve **Select Wellness** in their wellbeing programs.



Kevin Figueirido
Woolworths

“ **Select Wellness** is your solution to a sustainable wellbeing program that is customised to your leaders personal needs.



Kieren Hutchings
Microsoft

“ Every leader should have the opportunity to do the **Select Leadership Wellbeing Program**. It was transformative for me and many of my peers.

Our Commercial Partners



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