

INTRODUCTION TO EMPLOYEE HEALTH AND WELLNESS

Overview

Provide learners with the knowledge, skills, behaviour/s and attitude an individual will need to understand the value of proactively managing their own healthy and wellbeing.

Outcomes of the workshop

At the end of his course the learners will be able to:

- Understand and identify with the concept of employee health and wellness
- Able to make informed decision that will enhance their personal health and wellness and have the skills to proactively manage a range of health and wellness issues, including chronic and non-communicable diseases affecting the current workforce.
- Understand the concept healthy life choices aimed at enabling the individual to take responsibility for their own health and wellness.
- The ability to understand the benefit of managing absenteeism, medical assessments and the management of chronic conditions

Target Market

All employee at all levels, Employees, Unit/Facility Manager/s and Supervisors.

Format

Interactive workshop

Duration

1 day

Paterson Grade	Group Job Families					Duration	Entry requirement
	Support	Sales	Manufacturing	Engineering	Research		
E Level	x	X	X	x	x	1 days	NQF 3

IMPORTANT – COMPETENCY CERTIFICATION

All training modules provided by Positively Alive are outcomes based and as such a certificate of competency is only achieved once the delegate has successfully implemented, complete and submitted a portfolio of evidence against the required outcomes of the unit standards.

NO ATTENDANCE CERTIFICATES ARE ISSUED: - COPIES OF ATTENDANCE REGISTERS ARE HELD BY THE SERVICE PROVIDER AND ORIGINALS ARE SUBMITTED TO THE CLIENT.

Module Contents:

Chapter 1: Introduction to Employee Health and Wellness

OBJECTIVES

To give learners the opportunity to discuss, debate and evaluate their role as employees in managing their health and wellness.

OUTCOMES

Have a better understanding of the concept "My Health and Wellness is My Responsibility"

Chapter 2: Understanding the numbers and interpreting statistics (chronic + non communicable diseases)

OBJECTIVES

- An introduction to the most important health and wellness issues currently facing the workplace and the role that awareness and healthy life choices make in reducing the incidence of these health and wellness issues.
- To ensure that the learner is introduced to the concept: 'knowing your numbers' and hence understands and is able to promote, participation in health screening and initiatives.

OUTCOMES

At the end of this module you will:

- Understand how proactive health screening and testing can improve the health and wellbeing of employees.
- Understand current high risk health issues and how to effectively communicate information to mitigate these risks.

This Section Covers:

- Blood pressure
- Cholesterol
- BMI
- Energy Balance
- Obesity
- Healthy Eating
- Men's Health
 - Prostate Cancer
 - Testicular Cancer
 - Male Breast Cancer
- Women's Health
 - Breast Cancer
 - Cervical Cancer
- TB, MDR and XDR
- HIV and AIDS and other STI's

Chapter 3: Absenteeism Management and Chronic Disease Management

OBJECTIVES

To provide an overview of the basic rights of the employer and employees regarding the legal management of ill health, absenteeism, chronic diseases at work.

OUTCOMES

An ability to understand the need to effectively and proactively manage ill health and absenteeism with an understanding of the law and the right that protect the employee when dealing with ill health and chronic disease.

Costs and Additional Information Fees for 3 Day Training Modules: - (Based on a minimum of 6 delegates but limited to a maximum of 25 delegates).

Daily training facilitation rate @ R 8, 500.00/day, (Total for 3 Days R 25,500.00) plus an additional, R 50.00/delegate for the costs of printed manuals, evaluation and issuing of certification etc. Discounts can be negotiated if a business agreement is reached where client are able to commit to using Positively Alive as their preferred employee health, wellness and safety training service provider. Please make inquiries about discount rates for multiple training sessions

- The listed training facilitation rates are applicable where training modules indicated are provided at the clients/customers own training premises, venues and/or facilities.
- The fees quoted exclude the costs of all meals, refreshments and any other miscellaneous items provided by the clients to the delegates.
- Handouts, worksheets and any other training aids provided by Positively Alive are included in the daily facilitation rate charged unless specified. (Training manuals, issued to delegates, as specified above will be billed at cost to the client)
- The quoted fees excluded: travel, accommodation and meals for the training facilitator where training is required out of Gauteng Province. These costs will be negotiated directly with the client and all costs will be for the clients own account.

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