

## The Answer

What **Your** Staff Will Learn:

**A Holistic Approach to Health:**

- Increase energy and vitality without drugs
- Be motivated all the time and with a sense of purpose
- Deal with difficult relationship issues
- Work/life balance & how to achieve it
- Identify & unlock emotional and mental blockages
- Communicate effectively
- Ability to deal with stress & bounce back from adversity
- Flexibility to learn new things and adapt to change
- Increase self confidence and expand comfort zones
- Personal care for maximum health

**What exactly does this unique eCourse and workshops cover?**

**Stage One:** You and your emotional health: The foundation for strong mental, emotional and physical health

**Stage Two:** Your emotional health and others: how relationships affect your health and performance and what to do about it.

## Online Mentoring and Training Program For Staff Health & Well Being

Is the message coming through loud and clear?

Workplace emotional and mental health has a huge cost for **YOU** the employer, **YOUR** employees and the community.



**Julie Spain** B.A.(Psych),B.Soc.Wk.  
**Author & Presenter**

**Want to find out more?**

Contact Julie or check out her websites for more information at:

Email: [juliesp@tpg.com.au](mailto:juliesp@tpg.com.au)

Mob: 0430 186 415

Fax: 07 37155933

[www.secretstoemotionalhealth.com](http://www.secretstoemotionalhealth.com)

[www.juliespain.com](http://www.juliespain.com)

PO. Box 183 Sumner Park, Q 4074

# Emotional Health in The Workplace

**Creating a Strong, Healthy, Vital and More Productive Workforce**



Workplace emotional and mental health has a huge cost for **YOU** the employer, **YOUR** employees and the community.

## The Costs

### Did you know?

- Up to 90% of illnesses are related to stress
- Healthy employees are 3 times more productive than unhealthy ones
- Presenteeism – reduced productivity due to illness but still at work – is 2 to 3 times more costly than absenteeism. A Medibank Private study (2007) showed it cost \$25.7 billion/year
- 26% of workers take time off because of stress
- 14% of the Australian workplace will experience a diagnosable mental health disorder
- Workcover stress claims in Australia represent 27% of the total cost but make up only 7% of the claims
- The World Health Organisation predicts that by 2020, mental illness will be the leading cause of illness and loss of revenue in the first world
- Depression alone is estimated in economic terms to reduce workplace performance by 40%
- American Institute of Stress reports 60 – 80% of accidents on the job are related to stress and 40% of staff turnover is related to stress



## Staff Wellbeing and Performance

### Equation

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Healthy Diet + Regular Exercise +  
Mental & Emotional Health



## The Indicators

Indicators that your staff are not traveling well :

- Excessive absenteeism
- Tense and irritable
- Over reacting
- Frequent negative comments
- Low energy levels and fatigue
- Any marked change in behaviour
- Aggressive behaviour
- Withdrawal
- Loss of enthusiasm for the job
- Reduction in previous performance

## The Benefits

So, what are the potential benefits to **YOU** as the employer and **YOUR** employees for improved emotional and mental health?

- Increased productivity
- Reduced absenteeism
- More motivated staff
- Improved morale
- Stronger and more focused teams
- Improved staff relations
- Improved customer relations
- Increased profits
- Increased vitality
- Longer productive life
- Stronger and happier personal relationships
- Reduced Workers Compensation claims
- Healthier more vital workforce
- Quicker and easier resolution of workplace conflict

With 50% of workers not seeking help for emotional and mental health issues and causing lost productivity, it makes sense to provide a:

- **safe**
- **confidential,**
- **self paced**
- **comprehensive step by step online ecourse** and **workshops** to help your staff achieve emotional and mental health

