

3Minds Wellness



3Minds Wellness offers personalised wellness and wellbeing packages that include workshops, coaching, seminars and online weekly information and group sessions for staff and management at all levels.

Informative packages include coaching to assist with: increasing or maintaining positive wellbeing, establishing goals, implementation planning and motivation strategies to help individuals reach their desired goals.

Physical packages include movement and mindfulness practices, such as: walking programs, pilates, yoga and meditation sessions.

Our Employee Wellbeing packages are comprehensive and tailored to meet any client needs.



Employee Wellbeing Programs

Positive wellbeing programs for the modern workplace – packages can be broken up and individualised to client needs

Foundations

DEVELOPING THE FOUNDATIONS FOR POSITIVE WELLBEING

A simple and pro-active monthly program to support positive wellbeing and reduce workplace concerns

- 1-hour monthly wellbeing seminar
- Tailored information and materials to support workplace wellbeing
- 60-minute monthly group coaching session for 1 staffing group (max 15 staff members in a session)

Discovery

ONGOING DISCOVERY AND GROWING POSITIVE WELLBEING

A 6-month program driven by data and staff engagement initiatives to support the establishment of positive wellbeing and reduction of workplace concerns. The program includes all services from the Foundations Program plus:

- 1 and 4 month staff workplace wellbeing surveys with analysed results
- Dedicated 5 hours a week from one of our consultants to provide directed wellbeing guidance and support for your team. The 5 hours can be used for 1 extra group coaching session, development of wellbeing initiatives, review and development of policies and procedures and more

Recognition

RECOGNISING & SUSTAINING POSITIVE WELLBEING

A comprehensive 12-month wellbeing program that holistically addresses positive wellbeing, supporting the reduction of workplace concerns. The program includes all services from the Discovery Program plus:

- Staff wellness surveys at months 8 and 12
- 60-minute monthly group coaching session for leadership team
- Support in establishing 2 employee wellbeing activities over the course of 12 months