

## **Prevention is Better than Cure: Productivity Stimulant**

Do you know how to keep your employees healthy and increase their motivation in the workplace?

Want to be more empathetic when taking care of unwell employees?

Want to create a compassion strategy to optimize employee health?

### **Introduction**

Health is not solely absent from the diseases, but it is physically and mentally well being. In recent years, there has been growing concern about health and illness and the state and the cost of productivity in the organisation. The state of health of employees is the assets in the organisation. Hence, promoting employees' health is a far better strategy than paying the medical bills that would lead to reduction of productivity and employee morale and motivation.

### **Program Objectives**

This program aims to

- Create awareness to the participants the essentials of health in the organisation
- Equip participants with knowledge and skills to plan to keep employees healthy

### **Learning Outcomes**

After completing this program, participants would be able to

- Evaluate the fitness status of the participants
- Plan strategy to keep the employees healthy
- Create a healthy workplace and healthy culture in the organisation.

### **Who should attend?**

Non-managerial, first-line management, middle management, senior management and anyone who is directly and indirectly involved with employee welfare

### **Methodology**

Case studies, forum discussion, role-play, presentations, gamification

## Program Outline

<b>Time</b>	<b>Day One</b>
<b>9.00am– 10.30am</b>	<p><b>Are You Fit Enough?</b></p> <p>In this module, the participants would be exposed to the methodology on how to evaluate the fitness of their employees. At the same time, the participants would undergo fitness status for themselves.</p>
<b>10.30am-11.00am</b>	<b>Break and Networking</b>
<b>11.00am-1.00pm</b>	<p><b>Understanding the Concept of Health</b></p> <p>In this module, the participants would learn the meaning of health and the importance of health in an organisation. The participants would evaluate the health culture by evaluating the initiative that has been conducted by their own company to find the gap for improvement.</p>
<b>1.00pm-2.00pm</b>	<b>Lunch Break and Networking</b>
<b>2.00pm-3.30pm</b>	<p><b>Health in the Perspective of Health Professional</b></p> <p>It is important for participants to understand the fundamentals of health management. For instance, the participants would appreciate when the time-slip, medical certificate, and hospitalisation are issued to the employees. This knowledge is essential to help participants to manage and plan for the employees.</p>
<b>3.30pm-4.00pm</b>	<b>Break and Networking</b>
<b>4.00pm-5.00pm</b>	<p><b>Physical Health: A Deeper Understanding</b></p> <p>The participants would start to learn the measurement of physical health. The participants would learn basic pathology terminology to understand better physical health. By understanding the terminology, the participants would be able to understand and easier when handling employees' health issues.</p>

<b>Time</b>	<b>Day Two</b>
<b>9.00am– 10.30am</b>	<p><b>Mental Health: The Hidden Strength Within Us</b></p> <p>It is important to understand that mental health equally plays an important role in our fitness. In this module, participants would learn how to measure the mental health of themselves and their employees in the future.</p>
<b>10.30am-11.00am</b>	<b>Break and Networking</b>
<b>11.00am-1.00pm</b>	<p><b>Integration of Physical and Mental Health</b></p> <p>In this module, the participants would learn the relationship between physical health and mental health. The participants would identify activities and events that influence both physical health and mental health.</p>
<b>1.00pm-2.00pm</b>	<b>Lunch Break and Networking</b>
<b>2.00pm-3.30pm</b>	<p><b>Creating Healthy Culture in the Organisation</b></p> <p>After understanding factors that influence physical health and mental health, the participants would start to create a strategic plan towards a healthy culture in the organisation. The participants would plan activities to address, promote, sustain employees' health.</p>
<b>3.30pm-4.00pm</b>	<b>Break and Networking</b>
<b>4.00pm-5.00pm</b>	<p><b>Sustaining Healthy Culture with Compassion</b></p> <p>Strategies without sustainable planning are difficult to convert as a culture. In this module, the participants would learn how to integrate compassion in their strategic planning. In addition, the participants would learn how to collect feedback and conduct continuous improvement to create a healthy culture in the origination.</p>