



ONE LIFE LIVE IT



On-line Seminars

“If by gaining knowledge we destroy our health, we labour for a thing that will be useless in our hands.” - John Locke



With the corporate world being more pressured for performance, often what goes out the window is the employees' recognition of the importance of their own wellbeing.

As such, they are often too time-pressured / too tired / too frantic to attend a company-sponsored event – even something such as a 45-minute seminar.

Taking this evidence-based information on-line in a tailor-made approach combats all problems: the employee can watch in their own time, on their own device, in sections / modules or all at once.....whatever they chose!

This ensures the uptake is significantly increased and, therefore, the return on investment far greater.

Engagement improvement, productivity increases and company morale improves – all at the click of a button!

Featuring:

- SHIFTWORK > AGEING
- MENTAL HEALTH / MINDFULNESS
- PHYSICAL / MANUAL WORK > AGEING
- SEDENTARY WORK > ILL-HEALTH AND AGEING
- ALCOHOL AND SMOKING
- WHY WORK, HEALTH, SAFETY AND WELLBEING?
- NUTRITION
- EXERCISE / WATER
- SLEEP / FATIGUE
- STRESS / OXIDATIVE STRESS / ANTIOXIDANTS

Tel: 1300 19 20 10

info@onelifeliveit.net.au