









# TELUS Health Learning APAC Seminars

Workplace wellbeing made easy





Seminars are available in

-  English
-  Japanese
-  Malaysian
-  Korean
-  Vietnamese
-  Bahasa Indonesian
-  Thai
-  Traditional Chinese  
Simplified Chinese

# Mental Health

Our one hour seminars are designed to give employees a clear understanding of relevant issues while also reminding them about your Employee Assistance Program (EAP).



## **Building resilience**

This workshop aims to explore what holistic resilience looks like in a modern world. Participants will examine skills in two core resilience domains (social support and emotional regulation). Skills covered include improving communication and examining automatic thoughts and mindfulness.

## **Sleep better, feel better**

The aim of this workshop is to support participants to better understand and manage their sleep. Participants will explore how sleep works and how it can affect your everyday functioning. Practical skills to help improve sleeping habits will be reviewed.

## **Understanding burnout**

This workshop examines the relationship between stress and burnout, with the aim of supporting participants to better recognise when their wellbeing is impacted. Signs of burnout, and practical strategies to manage stress will be covered, including tips for developing realistic optimism and improving problem solving.

## **Managing work life balance**

This workshop aims to help participants to gain a holistic view of work-life balance. Participants will be supported to identify what a successful work life balance is to them. Practical skills around boundary setting and using time effectively will be reviewed. There will also be opportunity to develop a care-plan to help improve their balance.

## **Practical stress management**

Stress is one of the biggest health concerns in the modern world. To help build effective responses to stress, this workshop will explore the difference between helpful and unhelpful stress and our biological response to stress. Practical mindfulness-based strategies will be reviewed to support in-the-moment stress management.

## **Mental health in the workplace**

Mental health is important in every part of our lives. Participants will explore the continuum of mental health and review common signs and symptoms of distress. Participants will review how to have a supportive conversation using the CARE+ model. There will also be opportunity to develop an individual self-care.

# Physical Health and Wellbeing

These one hour seminars are designed to empower your staff with knowledge in skills in a variety of health fields.



## Men's health

Gender can present unique health issues across one's lifetime. In this session we delve into the most pressing health matters for men in Australia, this includes:

- Life expectancy and modifiable risk factors
- Cardiovascular disease
- Smoking
- The big three (hypertension, cholesterol and diabetes)
- Common cancers in men

## Physical health for mental health

The different facets of our health are intrinsically linked to each other. Our physical health can have profound effects on our mental health and vice versa. In this session we explore:

- The purpose of good nutrition and nutrition principles
- The effects of alcohol
- Sleep and our mental health
- The benefits of exercise
- Overcoming barriers to activity and the stages of change

## Women's health

Gender can present unique health issues across one's lifetime. In this session we delve into the most pressing health matters for women in Australia, this includes:

- The different life stages of a woman
- Cardiovascular disease
- Cervical cancer, ovarian cancer and breast cancer
- PMS and menopause
- Osteoporosis

## Achieving peak wellbeing

In a modern busy life, competing priorities often means health takes a back seat. This one-hour workshop takes participants on a journey designed to help balance work, family, finances, physical, psychological health and social life. This is an interactive workshop where participants plan, problem solve and commit to a better future. It includes both the benefits of a balanced life as well as goal setting and action planning to ensure participants leave with specific outcomes as well as increase awareness.

Contact your TELUS Health Customer Success Manager for additional information on our seminars or other learning offerings.