



Corporate  
Training

# Do it for the team



## Empower your team and workforce

Whether it's a seminar from an experienced dietitian about your team's relationship with food, a deep-diving meditation, or a custom workout plan with a personal trainer. We will get your team going.

\* All of our corporate packages are available online and face to face, one off and ongoing.

Fitness  
Nutrition  
Mindset

Brands we have worked with:



# Build your perfect wellness program

Want a custom class, one-off session or an on-going series? We have custom packages available and can deliver exactly what you need to boost your team morale and productivity.

Simply email [hello@getgoingpt.com.au](mailto:hello@getgoingpt.com.au) or call 1800 446 464 to organise your workplace wellness package.

## Statistics on workplace wellness

"There Is A Wealth Of Emerging Evidence Indicating That Corporate Wellbeing Programs Provide An Excellent Return On Investment."



Decrease sick leave absenteeism by **25.3%**



Decrease workers compensation costs by **40.7%**



Decrease disability management costs by **24.2%**



ROI – **\$5.81** for every **\$1** invested in employee health and wellbeing.

Chapman Institute, cited in HAPIA, Best-Practice Guidelines: Workplace Health in Australia

[www.2handsmassage.com.au/corporate-massage/corporate-wellness-program-statistics/](http://www.2handsmassage.com.au/corporate-massage/corporate-wellness-program-statistics/)



## Fitness Packages

Our energetic Health and Fitness Coaches will come to your office or nearest park and bring all the equipment needed.

Services available: **Boxing, weight training, flexibility, exercise seminars and interval training.**



## Nutrition and Dietetics Packages

Our team of certified dietitians and nutritional coaches can work with your team to build meal plans, teach the foundational basics, or encourage them to make healthy, lasting swaps and changes while still enjoying the social aspects of food and life.

Seminars and Workshops Available.



## Mindset and Mindfulness Packages

Fitness and nutrition are important but your team also needs the right mindset to be happy in their life, workplace, family and community. At Get Going we believe to be truly well, a healthy mind lives inside a healthy body. Our mindfulness coach will provide coaching on identifying and managing life and work related stress.

Services available: **Stress-Reduction and Mindfulness Workshop, practical meditations & mindfulness exercises.**

**get going**

Be health happy™