

Wellbeing at Monash

Implementing a wellbeing program in your department can increase:

- ✓ Morale
- ✓ Mental Health
- ✓ Productivity
- ✓ Staff retention

Research has found:

- Employees that participate in workplace wellbeing programs report improvements in anxiety, stress and psychological wellbeing;
- Healthy employees are nearly three times more productive than unhealthy employees;
- Unhealthy employees take up to nine times more sick leave than their healthy colleagues. Lifestyle 'risk' factors such as smoking, drinking, lack of physical activity and excess weight contribute to this time away from work.

Return on Investment:

International studies suggest the return on investment to an organisation that implements a workplace wellbeing program is as high as 5:1, with a \$5 return for every \$1 spent in employee wellbeing and even higher relative returns being generated from higher participation levels. *(American Journal of Health Promotion)*



The Monash Staff Wellbeing and Activity Program provides a range of activities that suit all ages and fitness levels.

For bookings and enquiries, please contact:

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Occupational Health and Safety**

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Monash Sport

Telephone: 9905 1158

Email: sport.SWAP@monash.edu

Websites:

www.sport.monash.edu

www.monash.edu/ohs/wellbeing/swap.html

CRICOS Provider:

Monash University 00008C

Disclaimer: While the information provided in this brochure was correct at the time of print, Monash University reserves the right to alter procedures, fees and regulations should the need arise.

Staff Wellbeing and Activity Program

Improve and energise the health of your team!



SWAP to better health!



Tailored, flexible wellbeing programs for your department.

Motivate your team to achieve a healthy mind and body

Programs suitable for all fitness levels

Effective Semester 1, 2012

Type of program	Description	Cost	Duration	Participants
Group Fitness	Exclusive exercise classes that can be held weekly. Eg Yoga, Boxing, BodyPump, Pilates, Zumba, Cycle and more!. Have your classes at Monash Sport, or we can come to you! ³ 30 and 45 minute classes are also available, minimum numbers apply.	From \$10 per participant ¹	1 hour; 6 or 10 week program	Minimum 10
Social Group Activities	Work in teams, participate in fun and challenging low-impact activities using interactive equipment (tunnel balls, hula hoops, fit balls) to challenge both mind and body.	\$10 per participant ¹	1 to 1.5 hours	Minimum 10
Fit Camp	A fun, social, challenging and rewarding way of group training. Aims to reduce body fat and increase muscle tone, cardiovascular fitness and overall strength. Early morning and lunchtime sessions are available.	\$12.50 per participant/ per session ¹	45 minutes for either 1, 6, or 12 sessions	Minimum 8
Court Sport Competition	Challenge your team to different court sports. Make it a once-off competition for one day or challenge yourselves to a six-week ongoing competition!	\$40 per week/per team ¹	1 or 6 week challenge, new or same sport each week for 1 hour	5-10 per team/per week depending on sport
Adult Learn to Swim	Learn to swim in a group environment with AUSTSWIM qualified instructors. Programs can be tailored to beginner, intermediate or advanced levels.	\$10 per participant/ per lesson ¹	30 minute lessons, minimum 6 lessons	6 only ²
Walking Groups	We can help to organise regular walking groups. A walking kit provides support to staff who want to organise walking groups in their departments. The kit includes posters, email templates and tips on getting a group together.	Free	Varied	Minimum 10
10,000 Steps Challenge	A workplace wellbeing initiative encouraging staff to form teams and walk 10,000 steps a day using a pedometer. Held annually in October but available anytime upon request.	\$10 per participant	Minimum 4 week challenge	Minimum 10
Educational Seminars	Wellbeing education seminars including: Dealing with Change, Emotional Intelligence, Family & Relationship Issues, Grief & Loss, Healthy Heart, Healthy Eating & Reading Food Labels, How to Clean Green, Managing Stress & Relaxation, Cancer Awareness and Healthy Cooking demonstrations.	From \$10 per participant	45-60 minutes	Minimum 10
Mental Health	Health and Wellbeing offers a variety of mental health programs including: Counselling: free, professional and confidential psychological counselling. Mental Health First Aid 2 day course aiming to improve knowledge of mental health and provides the confidence to help those with a mental illness. Mindfulness and meditation sessions that involve a series of meditative practices and cognitive strategies.	From \$10 per participant	Individual and group sessions available	Minimum 10
Employee Assistance Program	Free, professional, confidential counselling service by an external provider. Available to Monash employees and their immediate family members experiencing work-related or personal/health-related problems. Manager Assist is a phone consulting service for Supervisors and Managers, providing practical advice and support.	First 3 sessions free	Varied	Individual appointments available
Mindfulness at Work Program	Consisting of 5-weekly sessions using mindfulness techniques to help staff face challenges commonly found in the workplace. Mindfulness is an attention training practice, shown to reduce stress, unhelpful thoughts, and enhance focus, concentration, relationships and wellbeing.	Varies	5 weekly sessions of 1 hour each	Minimum 10

Please Note: The Staff Wellbeing and Activity Program is offered to staff at all campuses pending the availability of staff and facilities.

¹ Cost per participant dependent on minimum/maximum participant numbers as outlined above. A once off up front payment in full is required for each booking and can be paid via an IDN or at any Monash Sport Service Desk by your program organiser.

² Adult Learn to Swim classes require a minimum of 6 participants, please note maximum class size is 6 participants.

³ Dependant on suitable space for activity.