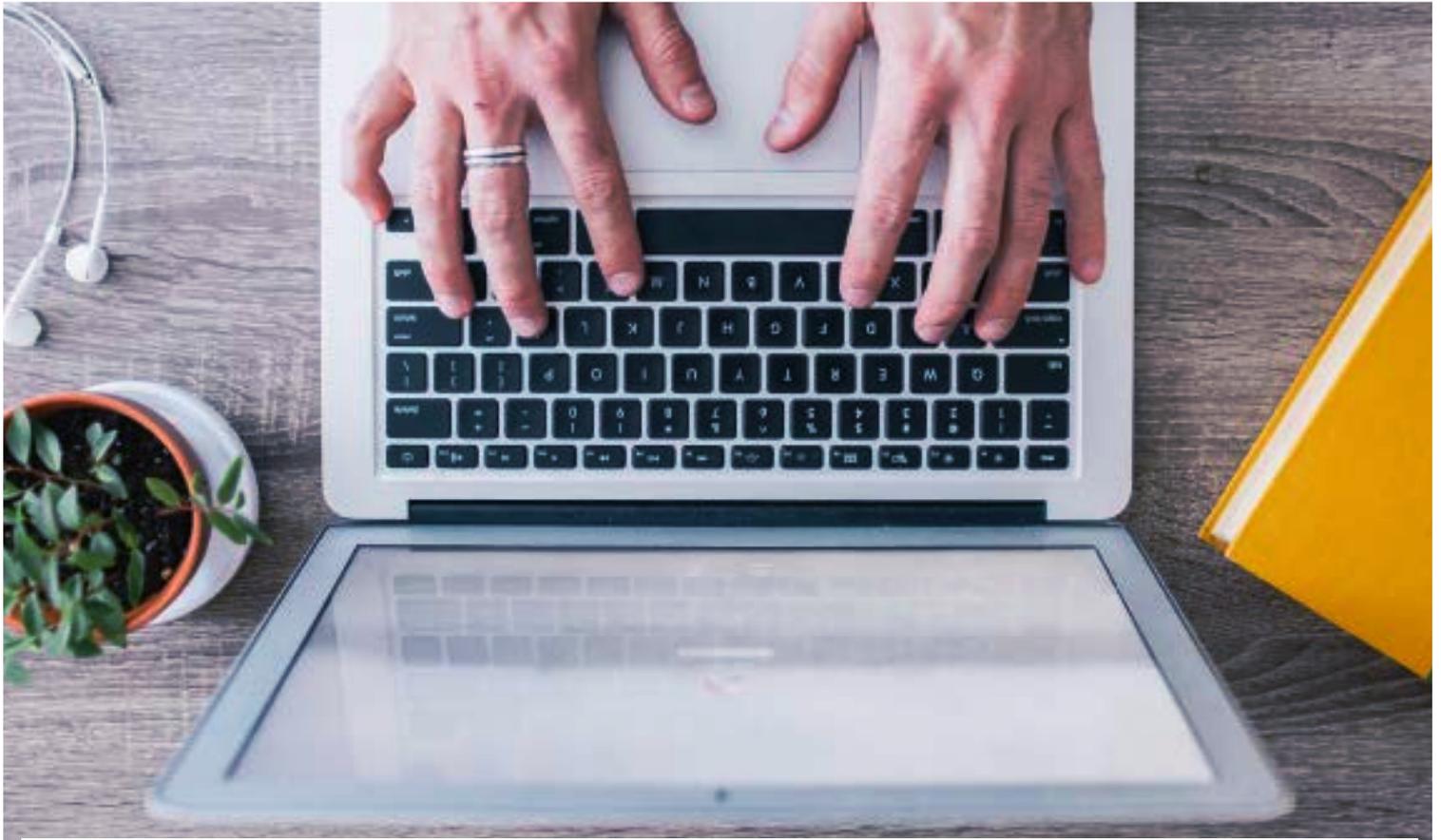




tls

@work

Expert-led health and wellbeing programs for the workplace.



WHY YOU CAN NO LONGER IGNORE **WORKPLACE WELLNESS**

**\$11
billion**

THE ESTIMATED COST BORNE BY AUSTRALIAN WORKPLACES AS A RESULT OF ABSENTEEISM AND PRESENTEEISM EACH YEAR¹

45%

THE PERCENTAGE OF AUSTRALIANS AGED 16-85 WHO WILL EXPERIENCE A MENTAL HEALTH CONDITION AT SOME POINT IN THEIR LIVES¹

**1.1
million**

THE NUMBER OF DAYS OF REDUCED PRODUCTIVITY FOR BUSINESSES IN AUSTRALIA EACH YEAR AS A RESULT OF MENTAL HEALTH CONDITIONS¹

6/10

The number of days we wake up tired, on average⁵

85%

The percentage of people who are overwhelmed more than they'd like⁵

84%

The percentage of people who struggle with negative self-talk⁵

WHY GET INVOLVED?

HEALTHY WORKERS = HEALTHY BUSINESS PERFORMANCE

National and international studies have found compelling evidence that workplace wellness programs:

↑ Increase employee engagement from anywhere between 7% to 55%²

↓ Decrease disability management costs by 24.2%²

↓ Cut workers compensation costs by 40.7%²

90%

The percentage of employees who believe their wellbeing program positively affects work culture³

+9

The number of additional sick days unhealthy employees take each year compared to healthy employees⁴

\$3-\$6

The ROI for every dollar invested in wellbeing programs⁴

1. Beyond Blue & Pricewaterhouse Cooper, 2014. Creating a Mentally Healthy Workplace
2. Comcare, Benefits to Business, last updated 2011. The Evidence for Investing in Worker Health and Wellbeing
3. Virgin Pulse & Workforce, 2017. The Business of Healthy Employees: A Survey of Workplace Health Priorities
4. NSW Government and Get Healthy at Work, 2016. The Business Case for Get Healthy at Work
5. Energix, 2018. Australia's Human Energy Crisis

your experts

When it comes to communicating health and wellbeing information, **credibility is critical**. As Australia's only talent agency representing influential health and lifestyle experts, we offer an unparalleled wealth of knowledge across every vertical in the health and lifestyle space.

Our talent are recognisable experts with decades of knowledge to share. Via social media, they reach **hundreds of thousands** of people, and through the country's most prominent broadcasters and publications, they reach **millions** more. In their clinics, practices and consultancies they **inspire** and **influence** the people they work with, face to face, every day.

Armed with talent that are as active in their fields as they are respected in the media, we are no ordinary speakers bureau. A true **lifestyle partner**, we pride ourselves on matching the right talent for the team, and supplying high quality digital content to enhance the delivery of **real outcomes** and **behavioural change**; from white collar to blue collar workers, students and graduates to management and senior leadership.

A selection of our talent can be found below.



MENTAL HEALTH

Dr. Tim Sharp

[+ bio](#) [▶ video](#)



GENERAL HEALTH

Dr. Ginni Mansberg

[+ bio](#) [▶ video](#)



HEART HEALTH

Dr. Nikki Stamp

[+ bio](#)



DIET & NUTRITION

Dr. Joanna McMillan

[+ bio](#)



PSYCHOLOGY FOR THE MIND & BODY

Leanne Hall

[+ bio](#) [▶ video](#)



FOOD & NUTRITION

Rosie Mansfield

[+ bio](#) [▶ video](#)



NATUROPATHY, NUTRITION & WELLBEING

Reece Carter

[+ bio](#) [▶ video](#)



ADVENTURE & INSPIRATION

Josh Stinton

[+ bio](#)



MOTIVATION & INSPIRATION

Ellie Cole

[+ bio](#) [▶ video](#)



ETIQUETTE

Anna Musson

[+ bio](#) [▶ video](#)



CORPORATE NUTRITION

Samantha Gowing

[+ bio](#)



HEALTH & WELLBEING

Casey Beros

[+ bio](#) [▶ video](#)

our packages

We offer a range of packages designed to include one or several of the following interactions led by our talent, designed in conjunction with us and tailored to the requirements of your organisation and employees. Each has been created to support and enhance the other, but can also be purchased in a stand-alone capacity with programs built upon once utilisation is assessed. Examples include:



KEYNOTES/WORKSHOPS



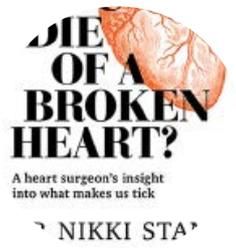
**VIDEO ASSETS +
MASTERCLASSES**



WRITTEN ARTICLES



ONLINE PROGRAMS



BOOKS + PODCASTS



What is an @work content package?

A digital education offering for employees, presented by some of Australia's foremost health and lifestyle experts and designed to engage, educate and empower teams to achieve better health and lifestyle practices.

Your assets + how they'll be delivered

Each program has been designed to maximise interactions with employees and support real behavioural change. Assets are delivered direct to employees' inboxes twice weekly over a 3 week period (see suggested delivery schedule below). Each piece of content is designed to be viewed in a particular order and leads to the next.

Packages include:

- 4 x 2 minute videos
- 2 x 500 word articles
- 1 x 10 minute **OPTIONAL** video 'masterclass' delivered pre or post



| | pre | week 1 | | week 2 | | week 3 | | post |
|-------------|-----|--------|---|--------|---|--------|---|------|
| Interaction | | 1 | 2 | 3 | 4 | 5 | 6 | |
| Video | | • | | • | • | | • | |
| Written | | | • | | | • | | |
| Masterclass | • | | | | | | | • |

content delivery

TLS @work has ongoing relationships with third party technology solution providers, allowing us to house and deliver your content via a range of hosting partners. We offer support and consultation on the right technology solution for your organisation. Alternatively we work with your existing platforms to deliver all of our content.

Sample Content Packages

HEALTH HACKS with DR GINNI MANSBERG GP & WOMEN'S HEALTH EXPERT

She is an authority on everything from sleep to beating stress and the obstacle course of life, always packaged with a dose of reality, practical and helpful tips and delivered with her customary sense of humour. Aside from her practice in Sans Souci, Ginni is also an accomplished writer, having written three books and having worked extensively as a medical journalist and columnist. She is an experienced TV presenter working with Channel 7 as their resident GP for many years and as one of the hosts of Embarrassing Bodies Down Under.



HEALTH HACKS DIGITAL CONTENT PACKAGE



The afternoon trick you need to know



How to beat the 3pm slump



How to get a better night's sleep



Boosting your immune system



Stress and what to do about it



Headaches + your health/performance



MENTAL HEALTH 101 with DR TIM SHARP POSITIVE PSYCHOLOGIST

A sought after public speaker and bestselling author, Tim has three degrees in psychology (including a Ph.D), is a regular on Australian and International TV, and is widely regarded as a leader in mental health and the authority on all things 'happiness' in Australia. Covering concepts such as resilience, coping with change and applications of positive psychology, Tim delivers impactful and engaging content that helps your team learn the fundamentals of how to live a happier existence, practical tools and easy-to-apply methods that will support them for the long term.

MENTAL HEALTH 101 DIGITAL CONTENT PACKAGE



The appreciation hack you need now



Beating imposter syndrome



How to embrace optimism



Playing to your strengths



Building quality relationships



Finding self compassion