



# VITALITY PROGRAM

A corporate wellness program tailored to boost engagement, enhance overall performance, energy and resilience.



## HEALTHY STAFF = A HEALTHY BUSINESS

Lauren Burns is a qualified and experienced health professional (BHSc) and will personally design a health and wellness program for your company. Her own expertise along with her connections in the health industry, make her the perfect person to draw on these resources to apply and directly benefit your staff. Any size group – small groups or the whole company!

### AIMS

- An adaptive program to improve overall quality of staff health and wellbeing.
- Inspire, motivate, support and educate.
- Bolster resilience through key objectives and training.
- To renew and develop positive daily habits around health, nutrition and exercise. A program achievable for anyone, regardless of age or health and fitness level.

### DURATION

- The program will be specifically tailored to suit the requirements of individual company objectives.
- 3, 6 and 12 month programs are available.
- After this time a program review will allow participants can embark on the next phase.



## THE PROGRAM

### INTRODUCTION OF THE PROGRAM

Keynote address – Lauren will introduce herself, her story, engage with staff, provide inspiration and discuss the program.

### REGULAR INSPIRATION AND EDUCATION

To maintain engagement in the program Lauren will provide topical articles and videos aimed at providing education and motivation to continue with wellness program objectives.

### INDIVIDUAL WELLNESS CONSULTATIONS

Two consultations for each staff member with a focus on their individual needs. Sessions are designed as a wellness review, any major underlying health conditions will be referred. A personal strategy for health and optimal wellbeing will be provided.

### COOKING DEMONSTRATION

What we eat is a fundamental building block of a healthy lifestyle. This cooking workshop will be informative, interesting and provide achievable meal suggestions for breakfast, lunch and dinner.

How to make simple, nutritious choices that will provide energy and clarity. Quick and interesting, informative and tasty!

Participants will also receive a copy of Lauren's cookbook *From a Loving Home*.

### SPECIALIST EDUCATORS/FACILITATORS

Throughout Lauren's career as an athlete, a naturopath and a motivational speaker she has worked with educators, coaches and facilitators who are leaders in their field. After establishing key objectives for your company and staff, Lauren will incorporate specialist sessions tailored within the program for maximum impact.

These areas include:

- Ergonomics and structure in the workplace
- Massage
- Stress management
- Men's and Women's Business (a look at men's and women's health separately)
- Positive psychology and resilience
- Strategic planning

### WORKSHOP & BOARD BREAK

Lauren and assistant conduct an active and fun taekwondo workshop. The emphasis is on fun, skills and increasing energy through breathing and big ninja turtle style Khiap's! All participants will break boards at the end of the workshop. The board break will relate to an area of their life they want to make a commitment to changing. They will address the 6 steps to change, what their goal is, how they will achieve it and what would prevent them from doing so.

FOR MORE INFORMATION

[www.laurenburns.com](http://www.laurenburns.com)  
[info@laurenburns.com](mailto:info@laurenburns.com)

## TESTIMONIALS

*"Excellent. Lauren has an outstanding story to tell and is generous with her medal, autographs, photographs etc. I strongly recommend her."*

**ANZ Bank**

*"The room was electric, they stood clapping their broken boards together. Lauren signed every board, which was printed with the conference theme 'Breakthrough'. The memento boards now adorn many offices. Fantastic!"*

**Wrigley's**

*"Your inspirational message to our guests was first class and really sealed for us a great night of recognition, for the top achievers in our Dealer network. I know that our people will benefit from your experience and can only hope that some of them can 'dare to dream', and achieve just as you have done."*

**Mercedes-Benz**

*"Lauren was absolutely sensational."*

**BHP**

*"Our conference 'Reach for the Sky' was a great success and largely due to your presentation which matched perfectly with our team's focus and themes for the rest of the year. It was truly motivating and inspirational! Your energy and enthusiasm made a big difference to the rest of the conference"*

**Toyota**

*"Excellent, Lauren's energy was intoxicating. Our guests were mesmerised."*

**PriceWaterhouseCoopers**

*"A young, energetic and articulate person. Lauren was well spoken, talked to the audience, gave colourful examples which made the audience laugh, as well as making our function a success."*

**AMP**

*"From the feedback sheets collected, and the general 'vibe' after your presentation, it was clear that you touched the heart and souls of many in your audience. Your enthusiastic, sincere and humble style are rare in the speaking world, and were an absolute joy to witness. Personally, I shall always remember your dedication and willingness to 'do whatever it took' to keep your commitment to our Chapter that evening."*

**National Speakers Association of Australia**

*"240 of our top performers stood and applauded with their successfully broken boards – unbelievable. They had all written their greatest fear on the board and then breakthrough that fear and way of thinking. It was an amazing atmosphere and all of them were cheering and clapping their boards at the end, an awesome sound and energy in the room. Our people have seen the best, Lauren, Martin and the team were fantastic. We will have them back next year."*

**EcoSeagate**

*"She was great! Lauren has a fantastic personal style – very informal and personable. Her presentation was very engaging, and she really made an effort to speak with different members of the team 1:1 following the presentation."*

**Fosters**