



WORKPLACE WELLNESS MENTORSHIP PROGRAM

Guidance & Support to Optimize Your Wellness Strategy

Stage 1 BENCHMARKING (approx. 6-10 hrs)

Objective: To complete the organizational audit and metrics assessment (data and events).

Process:

- Training & Action Items
- Review of Findings
- Complete Final Benchmarking

Stage 2 PLANNING (approx. 15-20 hrs)

Objective: To identify main objectives of wellness program, understand the connection to the corporate strategic plan, create multi-level toolbox with evaluation measures and develop a communication strategy.

Process:

- Training & Action Items
- Review of Findings
- Complete Final Planning

Stage 3 DESIGN (approx. 6-10 hrs)

Objective: To build the strategic plan and determine implementation schedules and tasking.

Process:

- Training & Action Items
- Review of Findings
- Complete Strategic Plan

Stage 4 IMPLEMENTATION (approx. 2 hrs*)

Objective: To identify how best to optimize your wellness program following the completion of the first three stages to ensure success.

Areas of discussion: program launch, building a wellness team, wellness assessment (HRA/PWA), structured health campaigns, communications, events, evaluation measures.

Process:

- Training
- Enjoy your efforts!



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***4 and 12 month options.** Your EWSNetwork Corporate Wellness Specialist will be there step by step, month by month, to make sure each step is followed to complete your first year.

