

30 DAY BOOST

COMPASS GROUP AND STRIVESTRONGER PRESENT AN EVIDENCE-BASED APPROACH SUPPORTING EMPLOYEES TO BOOST IMMUNITY, PHYSICAL WELLBEING AND RESILIENCE.



Find the right operating rhythm between working from home and transitioning back into the workplace. Support your team to be properly informed, calm and healthy during this challenging time as we adapt to the New World of Work.



THE NEW WORLD OF WORK (NWW)

COVID-19 turned the world on its head and in doing so, radically changed the way we work and how our teams interact. This has created many challenges and opportunities for businesses to support their staff in managing stress, optimising productivity, and building workplace culture and camaraderie.

Compass Group and StriveStronger have partnered together to bring you 30 Day Boost; a holistic approach to employee wellbeing that can enhance your current employee engagement programs as well as boost moral, wellbeing and productivity.

Regardless of whether your team is onsite or working from home, this program is contactless ensuring the safety of your teams.

30 DAY BOOST DELIVERS:



Central Repository of
Best-Practice Information



Increased Productivity



Mental Resilience
and Wellbeing



Company Culture and
Team Engagement



Physical Fitness



WHAT IS 30 DAY BOOST?

The methodology for 30 Day Boost is based on a broad range of disciplines including science, medicine, psychology, neuroscience, workplace productivity and digital learning. We have categorised the program into the following areas:

New World of Work (NWW)

The NWW is a blend of WFH and transitioning back into the workplace, with the central premise that 'work is something you do, not a place that you go.'

Working From Home (WFH)

Establishing productivity rituals and routines, implementing ergonomic best-practise, and understanding energy patterns (chronobiology).

Managing Mindset & Mental Health

Drawing on performance neuropsychology to empower employees to stay calm and effectively manage stress.

Boosting Immunity

Developing a healthy and full functioning immune system to maintain health during times of increased stress and exposure to external threats such as COVID-19.

Fitness From Home

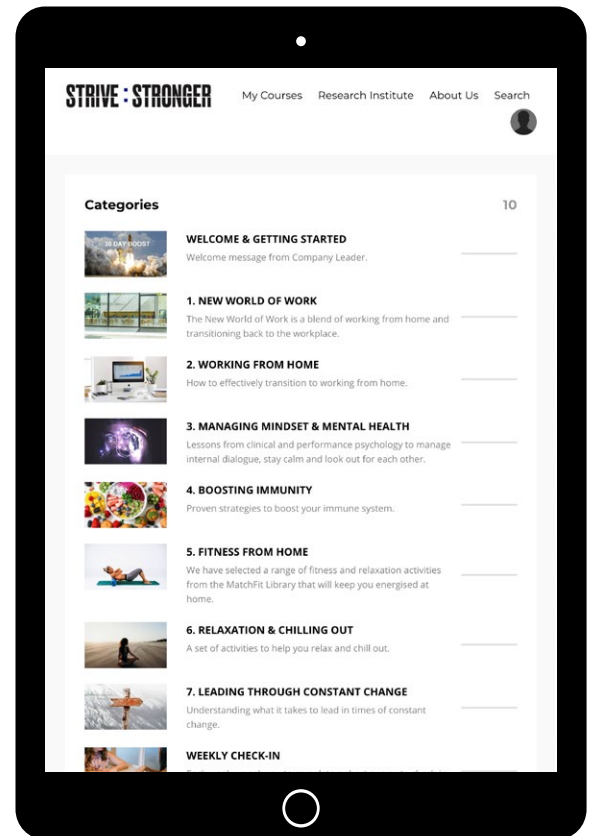
Easy to follow guides to fitness from home including personal trainer led videos and content including body weight and circuit training, yoga, relaxation training and at home fitness circuits.

Relaxation & Chilling Out

A range of videos, audio programs and PDF guidelines to help calm the body (parasympathetic activation) and to relax the mind (psychological detachment).

Leading Through Constant Change (Leaders Only)

Harnessing courage, clarity and a clear understanding of impact to empower leaders to find a blend between being compassionate and considered and being driven and directive.



THESE ARE UNPRECEDENTED TIMES. FOCUS ON WHAT WE CAN CONTROL.

“

If there was ever a time where we need people to start paying better attention to managing stress and resilience, boosting immunity and optimising physical and psychological wellbeing, it is right now. That is exactly why we have created 30 Day Boost.

Andrew May, CEO, StriveStronger



PROGRAM FRAMEWORK



POWERED BY SCIENCE

Using evidence-based methodology, 30 Day Boost can kickstart your team to do their best work while living a healthier and more balanced life as we uncover what the new 'normal' is going to look like.

Our program is deep-seated in principles of coaching psychology, behavioural and translational science and backed by research. We understand making and sustaining change is not easy and have designed proven, effective approaches to ensure lasting and meaningful change.

CASE STUDIES

“ 30 Day Boost had a significant impact on our team including boosting energy levels, productivity and morale.

- 81% of the targeted population enrolled
- On average people logged on 2.4 times per week, spent 10 minutes per session and visited 9.3 pages per session
- A 16% decrease in people feeling isolated from their colleagues
- Significant improvements in lifestyle and activity levels supporting long term health
- At program completion a score of 4.5/5 in relation to the question 'I feel supported by me leader/company'

The program can be summarised into four short words "live longer, live better." The results speak for themselves.

Large Australian Bank.

“ COVID-19 has disrupted every workplace, requiring a different approach to the way we work and the way we live. Personally, the accountability to map out my Better Week made a dramatic difference to productivity and energy levels. For the team, 30 Day Boost provided an opportunity to connect virtually and have important discussions about operating rhythm, provide skills for communicating and having more effective meetings. There was a big shift in energy levels and engagement across the group.

Lyn McGrath
Group Executive, Retail Banking at BOQ.

NEW PROGRAM, DECADES OF EXPERIENCE

While 30 Day Boost has been designed swiftly to meet the demands of our clients, our combined experience spans decades.



Dr Tom Buckley is a global expert in the impact of stress on physical and psychological wellbeing. He has worked in emergency care for over 20 years and specialises in CRM (Crisis Resource Management), designing strategies to maintain and maximise health during times of crisis.



Andrew May is recognised as one of the world's leading performance strategists and leadership coaches. He is coach and confidante to a number of Australia's leading CEO's and executives, elite athletes and performing artists.



Dr Harry Wendt is former CTO and General Manager, Digital at Westpac and has extensive experience in large-scale digital deployments with 28-years of experience in Financial Services. Prior to that he worked as an aircrew officer with the Australian Navy.



Dr Nicola Gates is a registered Clinical Neuropsychologist, author and researcher with over twenty-five years of experience working with adults to promote optimal health and wellbeing for the body, brain and mind.

Talk to us today for more information on how we can boost your team!

Samantha Denovan-Hugh

M +61 490 406 873
E samanthadenovan@compass-group.com.au

STRIVE : STRONGER