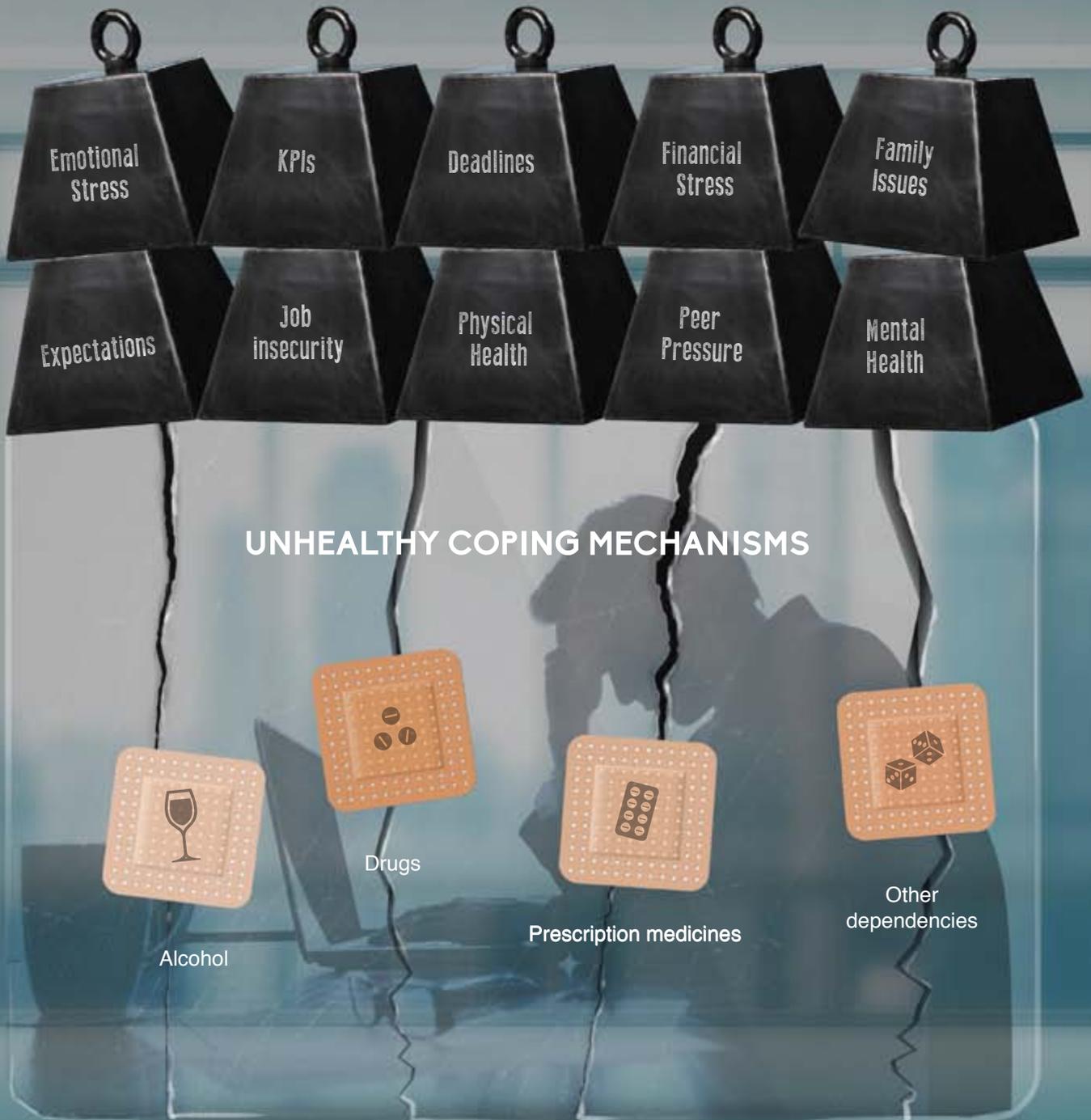
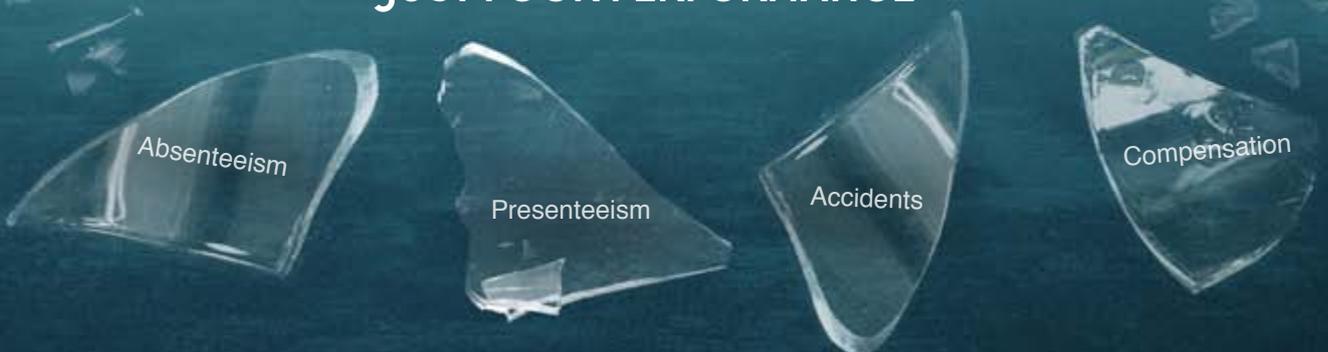


# HOW DO YOUR EMPLOYEES COPE WHEN THE STRESS BECOMES TOO MUCH?



THE EFFECTS CAN BE WIDER THAN  
JUST POOR PERFORMANCE



WHAT COULD THAT BE COSTING YOUR BUSINESS?

# THE FACTS

## **Your workplace is not immune to the effects of substance misuse.**

When the stress of modern living at work and at home takes its toll, people often turn to unhealthy coping mechanisms – and employers are paying the price. The direct cost of substance misuse to Australian industry exceeds \$3.7 billion a year\*.



# THE GOOD NEWS

## **Addressing stress-related issues with a positive, holistic approach can lead to happier, more productive employees.**

Holyoake has helped many organisations manage this issue with a positive rather than punitive approach through its Wellbeing@Work programs. We present meaningful information to promote self-responsibility, enhance wellbeing and reduce risk. The sessions are interactive and experiential with interesting demonstrations and case scenarios.

We offer a range of interesting and relevant modules from **1 hour awareness sessions to 4 hour experiential sessions.**

We also offer special sessions to empower managers to identify and address issues more holistically.

Wellbeing@Work is an opportunity for your organisation to further demonstrate its commitment to employee wellbeing and safety.

**Many organisations have already experienced the benefits of Holyoake's Wellbeing@Work programs with a satisfaction rating of over 95%.**

Wellbeing@Work is a social enterprise that helps us continue our mission to empower people in the community.



For more information please visit [www.holyoake.org.au](http://www.holyoake.org.au) or contact:

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