

2014 RESEARCH RESULTS

Stress levels reduced by 8% in 6 weeks*

Workload pressure decreased by 16% in 6 weeks**

Focus, concentration and memory also increased by 5%.

STUDY GROUP

168 employees across role types and industry sectors participated in an ALCHEMY Wellness@Work workshop during which their health and wellness factors were surveyed. Participants then completed a follow up wellness check six weeks later.

THE WELLNESS@WORK® SESSION

With so much information out there about wellness and well being, this one hour session takes an evidence based view, looking at the science and neurology of wellness.

TOPICS COVERED 3 ELEMENTS OF WELLNESS@WORK

COGNITIVE WELLNESS

Our brain @ work
Managing cognitive stress

EMOTIONAL WELLNESS

Our limbic system @ work
Managing pressure

THE 6 CYLINDERS OF WELLNESS®

Nutrition | Activity
Sleep
Social Connections
Time Out Outlets

CONCLUSION

The way we are designed to operate and the way we work are out of step.

So much so in fact that very few of us are operating near our full capacity at our desk and this is having an impact on our ability to adapt to change, manage pressure and push the boundaries of our capability.

A workshop focused on learning the fundamentals about how we are designed provides the practical tools needed for staff to make good decisions to at their best both in and out of the office.

THE EVIDENCE

In the three elements of wellness@work, we reviewed the research which shows conclusively that individuals making the right decisions experience:

- Lower stress
- Greater mental alertness and agility
- Greater resilience
- Better problem solving
- Lower fatigue and more energy

- More creativity and innovation
- Higher self esteem
- Fresher more youthful appearance
- Stronger memory
- Longer lives