

Corporate Wellness Programs

Information Pack – Powwow Energetics

Who we are

- With a background in corporate business, Jen Short has unique insights in today's challenges regarding staff management and retention;
- Heading up Powwow Energetics since 2003, many individuals have benefitted from science backed and evidence based tools for their wellbeing and holistic health;
- Today there is a need to go into the workplace to deliver this unique service directly to your staff members in their work environment;
- This fosters trust and encourages openness as well as securing confidentiality.

Who we are

- Qualified in Managing Workplace Anxiety & Stress Management;
- Qualified in Communication Strategies;
- Qualified in Training & Assessment (Cert IV);
- Diploma in Mindfulness & Meditation;
- Reiki Master of Usui Shiki Ryoho and Sei Chem system of Natural Healing;
- Certified Energetic Healer;
- NLP Certified Practitioner.

Why we do what we do

- Everyone wants their business to boom – successful companies are investing in their most valuable asset – their staff;
- Happier and healthier employees have been shown to be higher performing, more resilient and mindful;
- Wellness packages encompass mindset and motivation programs, stress management and mental health welfare management and more;
- Our confidential one-on-one sessions are designed to strategically help participants become happier and more effective under pressure by understanding their actions and reactions and managing their energy more effectively.

Workplace mental health

Work-related mental health conditions take a huge toll on workers health and productivity, with the negative impact felt by individuals themselves, their families and colleagues.

- 7140 Australians were compensated for work-related mental health conditions;
- 92% of serious work-related mental health condition claims were attributed to mental stress;
- 42% of serious work-related mental health condition claims were by males, 58% by females.

'Serious' workers' compensation claims relate to those claims where the injury or illness has resulted in one or more weeks off work.

Source: SafeworkSA 6 February 2019

Workplace mental health

The main cause of serious mental health condition claims were:

- Work pressure – 21%;
- Work-related harassment or bullying – 20%;
- Exposure to workplace or occupational violence – 10%
- Feeling isolated due to COVID-19 protocols – 42%

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Source: SafeworkSA 6 February 2019

What we provide

- We come to you. Just provide a small, private space for one-on-one consultations and we do the rest;
- We can see up to 4 people per day;
- Sessions include confidential consultation, meditation and energy healing if desired;
- Each participant will be given actual evidence based tools to help them manage their wellness to face life's challenges.

Wellness Package Options

Each company has it's own unique requirements which can be catered for but here are the basic package options:

- **Option 1 – Employee numbers 2 – 10**
 - From \$300 to \$1500;
- **Option 2 – Employee numbers 11 – 20**
 - From \$1650 to \$3000;
- **Option 3 – Employee numbers 21 +**
 - From \$3150.

** All COVID-19 health & safety protocols are followed.*

Next step

To begin your commitment to your staff's wellness and company success, contact Jen Short for a non-obligation meeting to discuss your company's requirements.

Call Jen on 0402 488 980 for a confidential discussion.

'Stress-reduction and mindfulness don't just make us happier and healthier, they're a proven competitive advantage for any business that wants one.'

Arianna Huffington, Editor-in-Chief of the Huffington Post.