www.addiction2life.co.nz

Supporting employee's wellness and wellbeing

A programme tailored to the needs of each organisation and their employees (delivered onsite at times to fit your work schedules).

Main themes;

- What is hauora - wellness and wellbeing (using [Te Whare Nga Tapa Wha](#)) we explore physical, mental, emotional, relational and spiritual wellbeing.
- How each person can practically manage their own hauora.
- What actually or potentially damages our hauora; what builds it?
- Impact of problematic behaviours (alcohol and other drug use, anger, violence, gambling, pornography – depending upon the needs of the group/employer) on our hauora.
- How does our behaviour support hauora in the workplace and in our whares (homes)?
- How to access the most appropriate supports for problematic behaviours

We can include information on specific drugs and/or other behaviours that the employer may consider helpful.

Depending upon the needs and resources of the Employer and their employees, we can also extend the programme to include

- Cognitive Behaviour Therapy[1] skills to support improved mental and emotional wellbeing and decision making
- Distress tolerance skills[2] to support emotional and mental wellbeing

Even a single 90-minute session will offer participants practical strategies which will improve their quality of life.

Ideally 3 such sessions would offer the opportunity for best outcomes.

The programme is delivered in a group context (preferably 6-12 participants) using best psycho-therapeutic principles – participants will discover their learning collectively rather than the facilitator 'telling them' information.

Fees for programme delivery (including learning resources for participants) $450 + GST per session

[1] Cognitive Behaviour Therapy aims to change our thought patterns, the beliefs we may or may not know we hold, our attitudes, and ultimately our behaviour in order to help us face our difficulties and more effectively strive towards our goals.

[2] Building resilience to get us through stressful experiences