



Working towards wellness workshop: The One-Day Getaway

The issue of health and wellbeing has become a huge debate played out in the media, advertising, by politicians and academics alike. Organisations have a unique and vital role in improving the wellness, health and physical fitness of employees not only in the developed world but also around the globe, particularly in those countries where the rates of chronic diseases is on the increase. Just a few of the statistics on the subject begin to paint the picture:

- "Stress costs UK employers around £370 million" - HSE.
- "The true cost is far higher - around £5.2 billion" - Confederation of British Industry.
- "52% employers noticed an increase in stress-related absence" - CIPD, 2004.
- "Cardiovascular mortality was 2 times higher after major downsizing" - BMJ, 2004
- "Psychosocial stress factors are third biggest link to heart disease, following smoking and fatty diets. Insufficient exercise is the fourth factor" - The Lancet, 2004
- A study by Saatchi & Saatchi Advertising, 63% of employees enrolled in its fitness programme, cited improved productivity and 75% said it boosted morale.

Wellbeing at work:

- What is new is a growing awareness by organisations of their responsibility for employees' wellbeing - encompassing both physical and mental fitness for work.
- We know that keeping employees healthy and well, allows a company to perform better, especially when things get tough and the pressure is on.
- If people don't feel 100%, they can't give 100%. It doesn't matter whether they are stressed because they are physically unfit, under pressure at work, or worried about a problem in the family.
- And if a company is actively involved in promoting wellbeing - it gives employees a strong message that the company cares for them as individuals. This in turn can inspire and motivate employees and strengthen loyalty to the organisation.

This 'working towards wellness' workshop, is full of sessions to inspire employees to take significant preventative steps for their long term health and wellness. It is designed to be

accessible to a wide range of people, offering useful information to the health conscious, as well as employees who have little prior knowledge of wellness. The workshop addresses issues of stress reduction therapies, creating a healthy balanced diet, the power of nutrition to heal the body, and incorporating healthy lifestyle choices into already busy schedules.

This is a one-day workshop, and trainers are highly interactive with the audience, incorporating exercises, visual aids and hand on practise. The workshop aims to give employees the opportunity to look at multiple facets of wellness at once. The working towards wellness workshop gives employees the opportunity to take control of their health by deepening their knowledge of the effect of nutrition and lifestyle changes. Sessions in the workshop enable employees to make the best choices in order to sustain their vitality for years to come.

We invite organizations to urge their employees to attend this one-day workshop. This workshop aims to provide participants with powerful and comprehensive tools in order to enhance their physical and mental fitness. Guest speakers will host sessions on a variety of topics including exercise, yoga and nutrition.

Celebrate the start of spring with this one-day workshop that will inspire and uplift you! It is a day of retreat from the busyness of life to take some time for YOU! "Each session promises to be interactive, informative and most importantly...fun! Bring your friends or family and enjoy your "One-Day Getaway!"

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Time Schedule:

8.30am – 8.55am: Registration

9.00am – 9.45am: Exercise as part of our daily schedule – *Carmen Micallef*

9.45am- 10.30am: Nutrition - *Carmen Micallef*

10:30am – 11.00am: Coffee Break

11.00am – 12.30pm: Morning yoga class with a yoga and pilates instructor – *Carmen Micallef*
A gentle class to warm up your body and wake your mind! Please wear comfortable clothing and get a beach towel with you.

12.30pm - 1:30pm: Lunch (provided!)

1.30pm – 3.00pm: Skin care regimes and Body Care Programmes- *Cheryl Isherwood*
Practical session included- *Please bring with you any skin care products you use. This is not obligatory however you can ask questions related to your skin care products to the Beauty Therapist.*

3.00pm – 3.30pm: Coffee Break

3.30pm – 5.00pm: Understanding your inner self! - *Daniel Wright*
A fun and flowing class to end your day, leaving you feel uplifted and inspired.

Working towards wellness workshop follows a simple philosophy to help individuals and their communities work toward health and peace through Yoga and other wellness practices.

Kindly note that workshop start at 9.00am sharp and certificate of attendance will be given to all those staying for the whole workshop

PLEASE WEAR COMFORTABLE CLOTHING AND BRING A BEACH TOWEL WITH YOU.

Working towards wellness workshop: The One-Day Getaway
17th April 2009 at the 'Le Meridien Hotel & Spa', St. Julians

REGISTRATION FORM

Mr. Ms. Mrs. Dr. Job Title _____

Name & Surname _____

Work Address _____

City _____ Post code _____

Work Phone _____

Home address _____

City _____ Post code _____

Home Phone or Mobile number _____

E-mail address (required for confirmation*)

***Registration confirmation will be sent to you via e-mail. - Fiscal Receipt will be in the workshop folder.**

Standard Rate – Full day including Lunch and 2 coffee breaks €40

Group Rate – Full day including Lunch and 2 coffee breaks €35 per delegate in groups of 6 or more (to be eligible for this rate applications must be sent together in one batch)

REGISTRATION CLOSING DATE: 11th April 2009.

There will be no refunds after 3rd April 2009.

All cancellations before that date will be refunded less a 10 Euro handling fee.

The Organising Committee would like to inform you that the workshop can be cancelled if number of registrants will not exceed the desired quota. Should this happen all payments will be refunded back.

Please enclose registration form with cheque, payable to: "D-Blaze", and forward to:

D-Blaze, P.O. Box 7, Qormi, Malta.

For further information contact Mrs. J. Muscat: 99243850 or Mrs. M. Cutajar: 79730575

Email: dblaze07@gmail.com or visit our website: www.d-blaze.com

Data Protection: The data on this form will be used for administration of this event and retained for future marketing.
 Tick the box if you do NOT wish to receive further information.

TESTIMONIALS:

“The workshop was so enlightening, the materials clear and well organised, and most of speakers have a very effective teaching style. I'll be able to immediately incorporate some of the techniques I learned as part of my daily lifestyle. I will also pass on the information and concepts learned to my kids. Thank you for providing this opportunity in a one-day workshop!” (feedback form sent by post- name of delegate unknown)

Thank you for a fantastic workshop. This was the first time I attended D-Blaze workshops and I was so impressed and excited about the concepts presented. I walked away inspired to make changes in both my work and personal life...” (feedback form sent by post- name of delegate unknown)

“The workshop made me think seriously and logically about my life and how I would like to change. I would suggest D-Blaze to organise a seminar with guest speaker Daniel Wright so to share with us more about holistic therapy.” (IA)

“The workshop enabled me to understand that habits can be changed and goals are achievable.”(DS)

“Excellent. Highly relevant and well delivered. Lots of food for thought”. (feedback form sent by post- name of delegate unknown)

‘Thank you for putting together a fabulous and rewarding workshop. I found the information gained from this workshop an invaluable tool to help me deal with my personal needs better.’ (feedback form sent by post- name of delegate unknown)