

health & wellness ASSESSMENTS



Successful behaviour change requires a good understanding of where you are, and where you want to be. Wellness Africa has developed scientifically validated health & wellness assessments based on international best practice principles.



MULTIDIMENSIONAL WELLNESS ASSESSMENT

The Multidimensional Wellness Assessment measures your wellness behaviour in seven dimensions that all influence

your state of wellness. These dimensions include body, mind, soul, occupational, social, emotional, and meaning & purpose. The accompanying report includes: Multi-Dimensional Wellness analysis, Cultural GAP analysis, and a Readiness to Change analysis. This report enables individuals to identify their wellness dimensional balance, strengths and weaknesses, and rank the wellness values they are most ready to change.



WORK & LIFESTYLE ASSESSMENT

The Work & Lifestyle Assessment measures work related health and lifestyle risks through a medical screening, physical assessment and self-reporting lifestyle survey. A key advantage of using the Work & Lifestyle Assessment is its dual role – in addition to providing the organization with a comprehensive employee profile for program planning, it is also a valuable instrument when used at the individual level to introduce wellness coaching and other behavioral or risk-reduction interventions.

You can't change what you can't measure

Hunnicutt

HEALTH RISK ASSESSMENT

The Health Risk Assessment helps you capture changes in behavior risk and health practices. This tool uses computer software to analyze and report on individual health risks according to international standards. Information is gathered on self-reported health behaviors, personal health history, family health history, and biomedical screening data. Annual changes in health risks could provide valuable information regarding the progress of behavior change strategies.



EXECUTIVE WELLNESS ASSESSMENT

The Executive Wellness Assessment offers a holistic health instrument that supports an organization's most valued resource – its executive management. Instead of an annual, stand-alone medical assessment, the Executive Wellness Assessment offers a comprehensive health and wellness profile that enable the executive to create balance, self-responsibility and personal development in all wellness dimensions. Designed to take into consideration the value of an executive's time, the Executive Wellness Assessment will only take 30min to complete. This tool further creates a platform to engage in executive coaching that elicits best thinking so leaders can create results that are important to them.

about us



contact us

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enhancing lifestyle & workstyle...

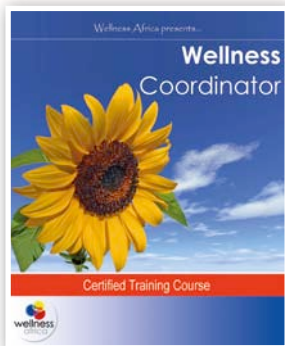
Wellness Africa provides organisational health & wellness training and assessment products for leaders, wellness coordinators, human resource practitioners and health professionals to empower them in create a supportive cultural environment for their employees

certified TRAINING



At the core of any organisation's wellness initiative is strong leadership support & professional service delivery. Wellness Africa has developed certified courses to empower organisational leaders and health & wellness practitioners to ensure high quality program delivery that fosters successful behaviour changes.

COORDINATOR TRAINING



Wellness Coordinator is a certified training course that will raise the bar on Workplace Wellness program coordination. This two day training blends international best practices within an African based environment. Key skills that Health & Wellness Coordinators will obtain include: conducting wellness culture audits, obtaining & maintaining leadership support

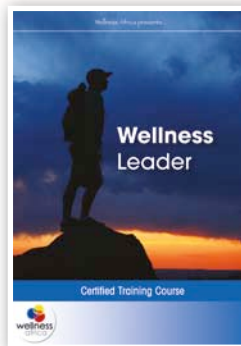
and accountability, establishing a cohesive wellness team, developing a 5-year systematic culture change plan, art and science of behaviour change, integration of services and programs, monitoring and celebrating success.

PROFESSIONAL TRAINING



Wellness Professional is a two day certified training course directed at the worksite health practitioner who needs to care, support, and empower employees as part of a multidisciplinary team. This certification course will enable these practitioners to incorporate wellness into their service delivery and empower them to function as part of a wellness team that plans, develops, and implements worksite wellness programs.

WELLNESS LEADER TRAINING



Wellness Leader is a one day certified training course directed at top and middle management who needs to support to model and manage the wellness of those employees entrusted in their care. Some key aspects of wellness leadership covered in this certified training include: creating a shared vision, serving as a role model, aligning organizational support, monitoring & celebrating success

MOTIVATIONAL INTERVIEWING



Motivating people to change behavior that is harmful to their health can be difficult and tiresome. Changing the style of consultation could improve this experience for health and wellness professionals and create sustained behavior change for the client! This style of consultation is called Motivational interviewing - a client-centered, directive counselling style for enhancing intrinsic motivation for change by exploring and resolving ambivalence.

In this two day certification course, participants will gain motivation-enhancing behaviour change approaches, real-life demonstrations, videotape examples, "real-plays", case studies, small group discussions, and experiential and skills based exercises.

Engage Employees in starting their...

Road to Wellness



SPECIAL OFFER!
ALL INCLUSIVE
3-in-1 Package

This Road to Wellness package is an equipping tool for Health & Wellness Professionals to involve employees in successfully adopting a healthy culture within the workplace. This package will empower the employee to understand the value of a wellness work and lifestyle; identify personal wellness goals and design a plan for sustained behavior change.

The Road to Wellness package includes:

MULTI-DIMENSIONAL WELLNESS ASSESSMENT & REPORT:

This measures wellness behaviour in seven dimensions that all influence our state of wellness. The accompanying report includes an analysis profile of their Multi-Dimensional Wellness, Cultural GAP and Readiness to Change.

ROAD TO WELLNESS WORKBOOK:

This practical workbook guides the employee to understand the underlying principles of wellness, define their purpose, analyse their wellness strengths & weaknesses, and design a 7-Step Change Plan.

PRESENTER'S MANUAL WITH AUDIO VISUAL AIDS:

The presenter is equipped with a presenter's manual that includes a step-by-step script with extensive self-help guidelines. Audio Visual aids include a PowerPoint presentation and video-clips.