

Health & Wellbeing

H&W Services Overview

Values-based Vision: *Leveraging wisdom to make the world a better place.*

Whether that involves your leadership ability or the collective genius of your team – we'll partner to unleash hidden potential.

We focus on helping clients achieve positive, measurable behavioural & cultural change – encouraging you to exceed expectations, lead with integrity & fun!

Role-modelling self-care & supporting others in their quest for H&W has never been so important.

V5-2020

Technical Excellence & Client Care

('Getting it Right' & 'Doing it Nicely')

We provide high quality services with bespoke programs, designed by experts, who are passionate about making a difference. We only use evidence-based tools & proven methodologies that include robust metrics to demonstrate RoI.

Our ability to tease out a deep understanding of client needs enables us to tailor programs that will exceed your expectations.

Synergy Global Services

- ◆ Effectiveness Consulting (Teams & Whole Orgs)
- ◆ Change Facilitation (Including H&W)
- ◆ Executive Coaching (Individual & Team)

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**SYNERGY
GLOBAL**
change leadership & effectiveness

Our Philosophy

- ◆ *People support what they help create*
- ◆ *Credible processes yield credible results*
- ◆ *You can't do things differently, until you see things differently*
- ◆ *Nothing changes unless behaviour changes*

Synergy Global truly understands the need to focus on H&W. Not only the wellbeing of you as a leader, but also the wellbeing of your team & whole organisation. Providing a holistic approach to all of our programs.

Our specific H&W services help to energise individuals & boost team morale & performance at all levels. Repaying the organisation with greater focus/commitment because people feel more appreciated.

Our experienced H&W Team offers a large suite of H&W Programs focusing on diverse areas to support individual's mind, body & spirit. We offer our specialist programs in a varied mode of delivery including **face-to-face & various digital formats.**

Our personalised approach benefits individuals/teams & orgs. of every size & nature - across the Private, Public & Not-for-Profit Sectors.



H&W Services: Our range of programs (face-to-face & online) cover all topics; are evidence-based - using leading edge neuroscience & contemporary wellbeing methodologies.

Outcomes/Benefits

- ◆ Improved H&W behaviours/culture
- ◆ Higher staff engagement & morale
- ◆ Improved effectiveness/performance
- ◆ Reduced absenteeism/health costs
- ◆ Better recruitment & staff retention

To discuss how best to leverage your own team's wisdom & wellness, please contact Heather-Jane Gray +61 (0) 439 066 067
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