

Breakthrough Corporate Wellness Course©

Wellness is a broad term, but it is the secret to a happier life. Wellness is your ability to feel emotionally, physically, and mentally content – it is your ability to not only be physically healthier but also to feel as though life is going your way, without allowing setbacks and other issues to prevent you from experiencing fulfilment. Employee wellness is one of the keys to employee retention and performance. People that commit themselves to wellness are healthier, more satisfied, and more energised. Wellness should be a priority for any working professional and their leaders. It is an essential investment for anyone who wants to get the most out of life. Luke Ashcroft will teach you and your staff how to move, eat, and think for improved wellness.

Our Breakthrough Corporate Wellness Course© has the potential to reduce your employee sick days, improve performance, create better employee loyalty and satisfaction. This ultimately helps improve employee performance through improved physical and mental health.



This Breakthrough Corporate Training proprietary course will include the following outcomes for your team:

- **Improved Physical Health:** Failing to take care of one's health can have personal and professional consequences. Companies lose money each year as a result of illness, and many illnesses are preventable with better self-care. Those that engage in wellness programs become more energetic, sharp, and productive, because their body is healthier as a result of better eating habits, fewer destructive habits, and regular, consistent exercise.
- **More Abundant Mindset:** Wellness is also about contentment. On a basic level, happy employees that feel fulfilled are going to be more engaged and more loyal to your company. The abundance mindset teaches each individual how to live according to their values, replace scarcity thinking with abundance, and teach appreciation and resilience through challenges.
- **Better Holistic Wellbeing:** When the mind, body, and soul are all experiencing greater "health" and fulfillment, we are "improved" as a person and as an employee – one that works harder, collaborates more energetically, and can improve their productivity. According to recent reports, 40% of Aussies have a "poor work/life balance". With our holistic wellness trainings, employees receive clarity about where they are, who they are, and how they can get to where they need to be. Our goal through this course / workshop is to help employees achieve holistic wellbeing and balance.
- **Discovering Your Wellness Path:** An essential aspect of wellness is helping people discover their wellness goals and their own path. Setting a wellness goal starts people on a journey, and through the breakthrough process they will learn to make life more epic.

Help your leaders and teams to breakthrough with their wellness so that they can achieve their personal and professional potential.

Training Options

Luke Ashcroft has 25 years of experience in helping people get transformed results with their health and fitness. He will deliver this course as a stand-alone course or it can be combined with other training offerings.

90 Min - 1/2 Day: Select sessions on corporate wellness can be led in 90 minutes – 1/2 day. Sessions may include setting a plan and path for eating, moving, and thinking for a personal wellness revolution.

1 Day: The complete Breakthrough Corporate Wellness Course© with practical fitness, nutrition, and team building activities. At the end of the 1-day course you and your staff would have developed a personal wellness action plan and experienced practical training in exercise, nutrition, and mental fitness.

12-Month Programme: Monthly corporate wellness workshops with team fitness sessions. Please enquire.

The Breakthrough Corporate Training Advantage

We exist to empower leaders and teams to breakthrough and achieve their potential!

Our core purpose is to empower leaders and teams to breakthrough and achieve their potential. Our core values reflect the depths of who we are. Our Core values are **Engagement, Breakthrough, and Passion**. Our nurture values reflect what we care about, and how we perform to achieve our goals. Our nurture values are **Relevance, Heart, Integrity, Presence, Truth, Courage, and Teamwork**.

Most of the time that we work with your team is spent activating what has been taught through interaction, activities, roll-plays, experiences, games, discussions and coaching. We have found that amazing content delivered with passion in a lively and engaging way boosts employee morale, retention and overall workplace satisfaction. Breakthrough Corporate Training has a strategic partnership with TransforMe and combined, we have over 70,000 hours of coaching/mentoring/training experience in organisations around the world. See some of our combined clients below. Our goal is to go over and above with our training by providing 2 or more trainers where possible. We aim to spend 50 - 75% of our time applying the learning. We don't offer every type of corporate training course but we are great at delivering the courses that we do offer. So give us a call or get an instant quote today. Find our details on the last page.

10s of 1000s of People from Organisations in Sydney Australia and Around the World have Been Transformed Through our Talks, Corporate Training, Coaching and Mentoring



Success Stories



"Scott has led multiple workshops on values, building healthy cohesive teams and Life Languages that have really impacted our business. The Life Languages program has been invaluable. My experience with Scott Epp has been empowering and transformational. It has been a positive investment, and we are continuing to integrate Scott and the Life Languages tool into our training and development..."

Kevin Bergeron – President & CEO at MiEnergy

'Shokai Group had the Life Language Communication Workshop today delivered by Scott & Nicole. It was fantastic. They are very friendly, passionate, professional, patient and they made the training very interesting. Everyone liked it and I believe we got to know more about ourselves and our communication effectiveness. Before the training, I was the one who contacted Scott. He is really helpful and always responded quickly & clearly. We are looking forward to having another training by them. Many thanks to Scott & Nicole. :)'

Cynthia Xiang – Office Administrator at Shokai Group



'Everything that we did together was so accurate and right away as Scott and Nicole described the different Life Languages I was able to identify how the Life Languages showed up in my life. I really liked how I wasn't boxed in with the Life Languages... I want to thank Scott and Nicole for facilitating for us because it's an awesome dynamic having them both lead as they both have such a high level of mastery and understanding of it that when they share it and communicate it they are able to make it so relatable. They each were able to share their own experiences and that made a big difference for us.'

Stefan James - Internet Entrepreneur and Founder of Project Life Mastery



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Learn more and get an instant quote at: www.breakthroughcorporatetraining.com.au