

## Helping people transform their lives



### The Maximus approach for a healthier lifestyle — WOW Package

The **Workplace Outreach Wellness (WOW)** Package offers a suite of impactful health programmes curated by the Health Promotion Board to support companies in building a healthier and more engaged workforce. Maximus is an HPB approved service provider for the WOW programme.

### Three types of workshops



Mental Wellbeing



Nutrition



Smoking Cessation



DID YOU KNOW

1 in 7

Singaporeans experience mental health related issues but only

< 1 in 4

seek help  
IMH

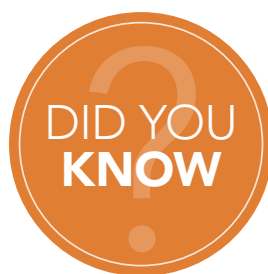


DID YOU KNOW

Cigarette smoke contains more than

7,000

chemicals, of which at least 400 are poisonous to us  
WHO



DID YOU KNOW

What you eat affects your productivity level. Studies show that well-balanced **nutrition** can boost your productivity levels by

20%   
MOH

**Private companies with Unique Entity Numbers (UEN)** can enjoy the workshops on a complimentary basis if minimum attendance requirements are met. Each workshop series comprises 2 to 5 one-hour sessions.

## Mental Wellbeing



### Mental Wellbeing Workshops (General Employees)

- Introduction to Managing Personal Resilience
- Thriving Under Pressure
- Understanding Mental Wellbeing
- Positive Thinking
- Building Strong Networks

### Mental Wellbeing Capacity Building Workshop (Supervisors & Managers)

- Understanding Mental Health
- Stress and Mental Wellbeing
- Discussing Mental Health
- Building a Supportive Workplace

### HPB certified trainers

Our trainers have **qualifications in mental health, psychology and/or counseling**. The courses have been developed by qualified training designers in line with the Training Accreditation Programme methodology.

### Delivery

**The workshops will be conducted online.** Once attendance is confirmed, you will receive the details of the registered workshop in your email, two weeks before the workshop.

*\*Onsite delivery available on request*

### Covid-19 Response Package: Thriving in the New Normal

- All By Myself: Overcoming Loneliness & Social Isolation
- Burnout in the New Normal: Learning to Self-Manage & Stay Recharged
- Combatting Coronasomnia: Getting a Good Night's Sleep
- Mental Wellness for WFH Parents

## Objectives



### Understanding

Participants will understand the concept of **mental wellbeing**



### Managing

Participants will learn the **methods to strengthen** stress-coping skills & manage personal resilience



### Thriving

Participants will understand stress & **thrive under pressure**

## Nutrition

### Nutrition Workshops

- Strategies to Enjoy Healthier Food Choices in the New Normal!
- Healthy Living Uncompromised – Strategies to Overcome Barriers & Challenges
- Nutrition for Sustainable Weight Management

### HPB certified trainers

Our trainers are equipped with qualifications in nutrition, health sciences, and/or nursing.

### Delivery

The workshops will be conducted online. Once attendance is confirmed, you will receive the details of the registered workshop in your email, two weeks before the workshop.

*\*Onsite delivery available on request*



## Objectives



### Healthy nutrition habits

Participants will learn about **adopting healthier nutrition** habits as a significant behaviour change for good health



### Thriving

Participants will learn tips on preparing meals that are both **healthier and taste great**



## Smoking Cessation Programme



### Workshops

This is a 4-session programme\* that is held on a weekly basis. Whilst group-based, it also provides participants with the opportunity to **create an individual plan to quit smoking**. A range of tools, strategies and techniques are explored for participants to use at work and in their personal lives.

*\*Only smokers are eligible to participate in this programme*

### HPB certified trainers

Our trainers are equipped with the **Quit Smoking Consultant qualification (CQSC)** and/or extensive smoking cessation counselling experience.

### Delivery

**The workshops will be conducted online.** Once attendance is confirmed, you will receive the details of the registered workshop in your email, two weeks before the workshop.

*\*Onsite delivery available on request*

## Objectives



### Empowerment

Participants will be empowered with the knowledge, skills, and confidence to quit smoking



### Benefits of Quitting

Participants will learn of the consequences of smoking and the benefits of quitting



### Support

Participants will be introduced to the various treatments and resources that are available to them