

MAXIMUS<sup>®</sup>

# 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



**1 in 7** Singaporeans experience mental health related issues but only

**<1 in 4** seek help  
IMH



Cigarette smoke contains more than  
**7,000** chemicals, of which at least **400** are poisonous to us  
WHO



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 1-hour workshop series comprises 2 to 5 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*

## 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

### Workshops

- Maximus Nutrition Workshop Strategies to enjoying healthier food choices in the New Normal!
- Maximus Nutrition Workshop Healthy Living Uncompromised. Strategies to overcome barriers and challenges

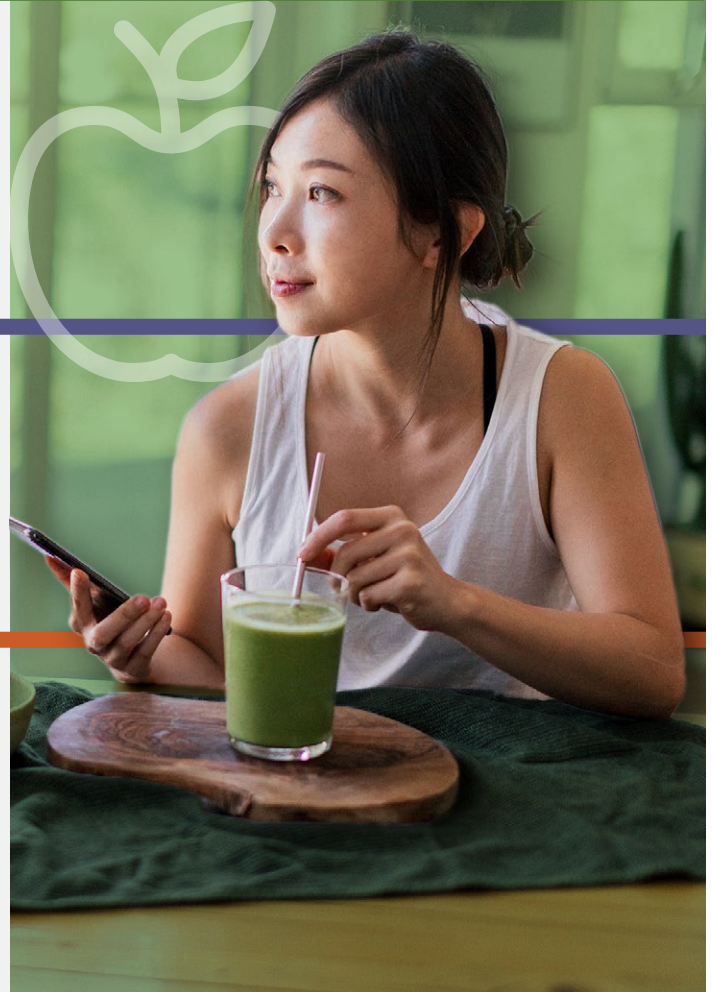
### HPB certified trainers

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**