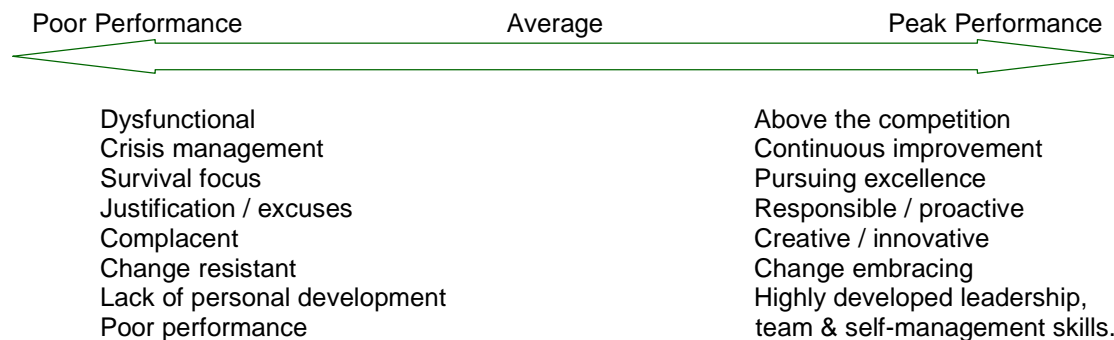




The Well Organisation

Organisations, like individuals can be in a state of dysfunction and stagnation; they can be surviving without obvious symptoms of dis-ease but under-performing; or they can be healthy and performing to their potential. Wellness is not just the absence of disease, it extends the definition of health to include a process of awareness, education and growth. It is never a static state. There are degrees of wellness just as there are degrees of illness. Well organisations encourage their people to continually grow and improve themselves personally and professionally. People who are focussed on wellness are generally more positive, proactive, self-responsible, productive and satisfied with life. Wellness is about quality of life and fulfilling potential. Well Organisations are more successful, sustainable and enjoyable to work for.

Organisational Wellness



“The health of an organisation is dependent on the physical, psychological and social health of its people”

Healthy Teams provides programs and experiences that focus on improving organisational wellness on an individual and team level. A strategic approach to continuous improvement relating to organisational wellness can include anything from health checks, one to one coaching and seminars; to team days, team retreats and leadership experiences. Contact us for more information about how we can assist your people to perform at their peak or visit our websites:

www.healthyteams.com.au and www.livingbalance.com.au