

Wellbeing in Retirement Workshop

A workplace health and wellbeing seminar for employees considering or approaching retirement

All employers want to maximise the positive contribution of their older workers. This engaging workshop, developed by the experts in older adult wellness, has been designed to help employees gain valuable knowledge and take practical steps to improve their health, fitness and wellbeing.

The Wellbeing in Retirement workshop covers the following topics:

- The physiological ageing process
- Attitudes towards ageing
- The Vida Wellness prescription for health, wellbeing and happiness
- Exercise, physical activity and the diet for wellness
- Brain fitness and health
- Motivation and barriers to wellness behaviours



Benefits for workshop attendees

- ✓ Understand the ageing process and how to optimise physical and mental performance in later life
- ✓ Learn practical strategies to improve their health and wellbeing
- ✓ Feel fitter, stronger, more confident, have more energy every day
- ✓ Better health enables continued success in the workplace
- ✓ Improved fitness and energy increases opportunities for enjoying time out of work (or once in retirement) through leisure activities, community involvement, family commitments, hobbies and travel



Benefits for employers

- ✓ Improved employee physical and mental health
- ✓ Reduced absenteeism due to sickness
- ✓ Increased productivity amongst older employees
- ✓ Reduced healthcare claims leading to lower insurance premiums
- ✓ A compelling initiative to support CSR and Investors in People objectives
- ✓ Enhanced employee satisfaction, trust and loyalty

Workshop format

The Wellbeing in Retirement workshop involves a dynamic combination of expert information-sharing, discussion, group work and individual worksheets. The content has been designed to maximise learning opportunities. Participants will leave feeling energised and with a personal Wellness Action Plan. The session includes regular 'activity snacks' and brain fitness challenges (suitable for any fitness level, no special clothing needed).

The Wellbeing in Retirement workshop is delivered by Claudine Aherne, the founder of Vida Wellness. Please contact Claudine for further information:

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