

Are you looking for a way to improve employee effectiveness and engagement?

Yu Food + Lifestyle introduces **Corporate Wellbeing Workshops**

Your organizational strategy has never been so important. Now is the time to take action and engage your people to achieve great results!

Yu Food + Lifestyle takes a professional and interactive approach to inform participants how to take positive steps towards improving their performance and creating balance in their lives.

Many people feel pressured and stressed in their busy lives. They lack the energy they need to get through the day and find it difficult to achieve a healthy work/life balance.

These workshops are designed to:

- Engage employees and develop positive workplace energies
- Improve employee energy levels and maximize performance
- Provide innovative team building opportunities

These workshops are suitable for:

Progressive organizations who want to challenge the choices their people make about food + lifestyle

Sessions can be specifically designed for:

- Executive Retreats
- Workplace teams
- Conferences and Seminars

The investment:

Each session includes a preliminary meeting to tailor Program content to individual organizations and a post session debrief to discuss the presenters observations.

- **90 Minute Presentation:** \$425 (including preliminary and post employer briefing)
- **Half Day Workshop:** \$890 (including a preliminary and post employer briefing).

Founder and Director of Yu Food + Lifestyle, Kim Bishop, worked successfully in a corporate environment for 19 years. Her passion for food health and lifestyle led to the creation of Yu Food + Lifestyle in 2006. Kim teaches with a refreshing enthusiasm that ensures her interactive sessions are impressive and entertaining.

For more information or to make a booking contact Kim Bishop from Yu Food + Lifestyle on 0400 049 618