



# Six-Week Employee Wellness Programme

Book an introductory session with us



# Companies Partnered with



## Testimonials



**Ceri Rowland**



Kent helped our organization connect with our people about their health. He ran 4 x 30 min lunch and learn sessions, which everyone enjoyed, and even better they made changes to drive healthier habits! Kent is very experienced and engaging, and super easy to work with. Thank you. Kent, great job!

Working with Kent over the past 8 weeks has made a huge impact on my overall energy levels and wellbeing. As a mental health professional, I was completely burned out at the end of 2020, following what was an ex-tremely intense year due to Covid 19. Kent's flexible approach and nutritional insights have assisted me to make some positive changes to my health habits that are both sustainable and enjoyable. Since working with him I feel less stressed, have higher energy levels, am sleeping better and am happier with how my body looks and feels. It has also given me a renewed enthusiasm for cooking, with ideas for new and easy recipes that are both nutritious and delicious. This has been an added bonus for me as a busy working mum! I would highly recommend working with Kent.



**Jacqui Rose**

Registered Psychologist



# Why does wellness at work matter?

Today's corporate world is overflowing with stress. This is causing countless health risks and chronic diseases among employees, leaving them overwhelmed.

You and your employees may be suffering from any or most of these problems, which affect your organisation's performance.

## Loss of Productivity because of:

- Absenteeism
- Staff turnover
- Staff sickness
- Poor decision making

## Poor individual performance because of:

- High stress
- Burnout- constantly emotional, tired, unproductive
- Insomnia- can't sleep well, always tired
- Frequent sickness
- Depression
- Chronic health problems- diabetes, hypertension, obesity etc.

## Profitability affected because of:

- Increased medical spend
- Reduced revenue
- Declining profits  
(Leading to an unsustainable business)

## Poor Work Culture because of:

- Negativity- low mood, grumpy managers and colleagues
- People not wanting to go to work
- Fatigue and tiredness leading to poor team results

A company's success is heavily reliant on the performance of its employees, so it's imperative they are in good mental and physical shape.





**92%**

of professionals surveyed said that it was very important or somewhat important for them to work for an employer that offers a workplace wellness program.

**93%**

of employers agree that a wellness program can have a positive effect on organisational productivity

**87%**

of professionals agree that an organisation's workplace wellness policy is important to them when considering new opportunities.

"More and more we are finding that top candidates are really looking for an employer that can offer them something more - that extra 10% that other organisations won't. For these candidates, an organisation that is committed to health and wellbeing and has a structured workplace wellness program in place will always be attractive. This works in reverse too: many candidates who are looking to leave their current employer are doing so because they feel their personal health and wellbeing needs are not being met. So if you're in the market for top candidates, ensure your workplace wellness program is promoted as much as possible during the recruitment process."

**James Nicholson**

Managing Director - ANZ, Robert Walters Group



## Our Six-week Employee Wellness Programme

People need more than just scientific knowledge to make changes- they need practical ideas and tools, easy-to-do steps, and no jargon. So we developed this unique Six-week Employee Wellness Programme to help organisations establish better employee engagement and considerably improve their business.





## Features of our Six-week Employee Wellness Programme

This programme model is beyond the traditional “feel-good wellness” perspective and aims at a results-driven wellness approach that produces tangible business and health outcomes.



Fully flexible & custom tailored



Face-to-face as well as virtual as per your requirements



Time-efficient, quick and engaging sessions



Suggestive programme (pick what you want for your employees)



Scientific approach to behavioral change instead of quick fixes



Branded handouts, worksheets, tools, slides and other resources





## Key outcomes of our Six-week Employee Wellness Programme

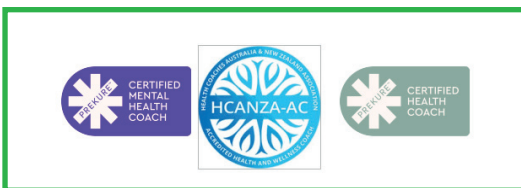
Our Six-week Employee Wellness Programme will see your people equipped with knowledge, tools and self-empowerment to make real transformation with their health.





## About our Founder, Kent Johns

Kent is a certified Health and Mental Wellbeing Coach and Nutritional Counsellor. He established Kent Johns Health to assist businesses to help their employees to better look after themselves and thrive in life. He is an experienced public speaker and former award-winning sports broadcaster, and host of 'Take It From Us', a radio programme and podcast that deals with mental wellbeing and addiction issues. He and his partner Laura live in Auckland with their young children.



## Our Approach to Corporate Wellbeing

Our approach is based on the latest science, with the aim of making behavioural change exciting for you. Kent's expertise includes nutritional counselling, exercise planning, weight loss, sleep habits, mindfulness and managing stress. He'll help you figure out the blind spots that have been preventing change, provide support and accountability, and impart broad health expertise to help you get the results you desire.



## Testimonials



Kent - you have been a huge catalyst for change for me. You've inspired, motivated and guided me towards a far more sustainable healthy lifestyle. Thank you for making a HUGE difference. With your positive and relaxed style and your inciteful knowledge, I have lost weight, gained fitness and most importantly dropped in many centimetres round my waist. THANK YOU.

### **Darren James**

Real Estate Manager



"I have received many positive feedbacks from our team that they have benefited from these sessions and thanked the company for organising them...highly recommend Kent's Service. After 9 months of remote working last year, we have come to realise the growing need for us to do more to look after our staff's Health and Wellbeing, not only to make them feel connected through internal communications and other initiatives but also the importance of getting our people to access to professional advice to help navigate through the challenges we each have. I am so glad we found Kent, and we were lucky to have Kent run a series of health sessions with our team of 70 people over the last couple of months. Kent is highly professional and knowledgeable - not only did he give our team great insights into the what, why, and how to achieve a healthy outcome, but also lots practical tips so that we can stick to these newfound healthy habits. I have received many positive feedbacks from our team that they have benefited from these session and thanked the company for organising them. As a result, we are now looking to build on Wellness Programs as part of our people plans ongoing. I would highly recommend Kent's service to any organisations that are looking to build a healthy and resilient team. Thank you, Kent!

### **Brenda Huang,**

GM Finance, Digital Island



## The Vision at Kent Johns Health :

New Zealand's healthcare system has never been so stretched. Many health professionals believe it to be already broken- we, in fact are operating a 'sick-care system'. Chronic, preventable disease, including mental distress is the albatross around our necks and is sucking up too many precious resources disproportionately.

Taking the time to look after ourselves can only benefit those people closest to us, and with more energy we can give more of ourselves to them.

We don't have to be as sick as we are and we do have the solutions to these health problems.

My goal is to have as many people engaged in their own mental and physical wellbeing as possible. Only together can we turn the ship around.





## Contact Details

Contact us today to know more about the Six-week Employee Wellness Programme

### **Auckland**

Kent Johns Health Ltd  
Auckland 0630  
New Zealand

**Mobile:** +64 21 185 1963

**Email:** [kent@kentjohnshealth.co.nz](mailto:kent@kentjohnshealth.co.nz)

[Book an introductory session with us](#)