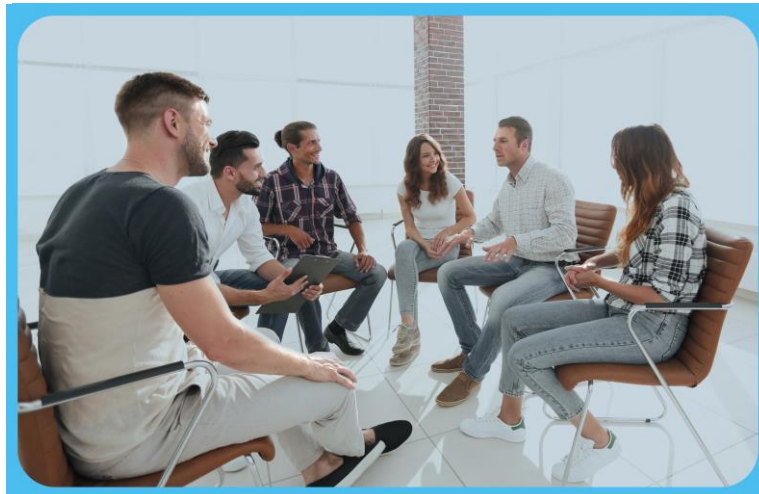




The Breakthrough Corporate Wellness Course©



We exist to empower leaders and teams to breakthrough and achieve their potential!

Call us at: + 61 481 307 778

Email: office@breakthroughcorporatetraining.com.au

Website: breakthroughcorporatetraining.com.au

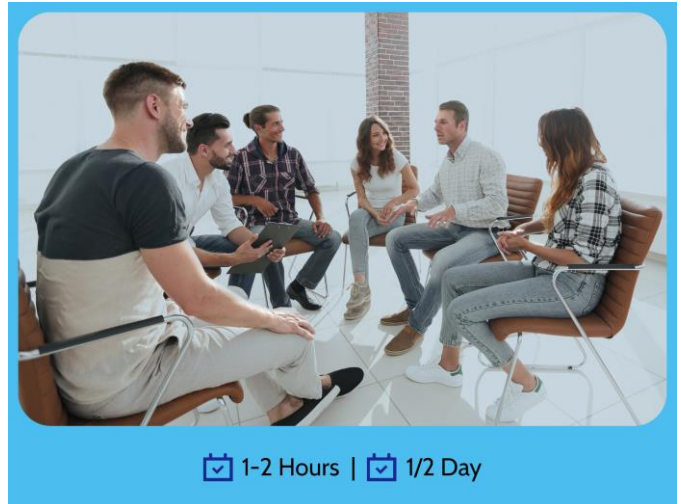
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The Breakthrough Corporate Wellness Course©

Would your leaders and team members benefit from having a refresher training on wellness?

Wellness is your ability to feel emotionally, physically, and mentally content – it is your ability to not only be physically healthier but also to feel as though life is going your way, without allowing setbacks and other issues to prevent you from experiencing fulfilment.

Employee wellness is one of the keys to employee retention and performance. People that commit themselves to wellness are healthier, more satisfied, and more energised. Wellness should be a priority for any working professional and their leaders. Luke Ashcroft will teach you and your staff how to move, eat, and think for improved wellness.



Our Breakthrough Corporate Wellness Course© has the potential to reduce your employee sick days, improve performance, create better employee loyalty and satisfaction. This ultimately helps improve employee performance through improved physical and mental health. Help your leaders and teams to breakthrough with their wellness so that they can achieve their personal and professional potential!

This Breakthrough Corporate Training proprietary course will include the following outcomes for your team:

- **Improved Physical Health:** Failing to take care of one's health can have personal and professional consequences. Companies lose money each year as a result of illness, and many illnesses are preventable with better self-care. Those that engage in wellness programs become more energetic, sharp, and productive, because their body is healthier as a result of better eating habits, fewer destructive habits, and regular, consistent exercise.
- **The Wellness Mindset:** Wellness is also about contentment. On a basic level, happy employees that feel fulfilled are going to be more engaged and more loyal to your company. The wellness mindset teaches each individual how to live according to the tenants of wellness.
- **Better Holistic Wellbeing:** When the mind, body, and soul are all experiencing greater "health" and fulfilment, we are "improved" as a person and as an employee – one that works harder, collaborates more energetically, and is able to improve their productivity. According to recent reports, 40% of Aussies have a "poor work/life balance". With our holistic wellness trainings, employees receive clarity about where they are, who they are, and how they can get to where they need to be. Our goal is to help your team members achieve holistic wellbeing and balance.
- **Discovering Your Wellness Path:** A key aspect of wellness is helping people discover their wellness goals and their own path. Setting a wellness goal starts people on a journey, and through the breakthrough process they will learn to make life more epic.

This course is run by Luke Ashcroft. Along with Corporate Training, Luke has 25 years of experience as a holistic lifestyle coach and personal trainer for executives, celebrities, leaders, and people that are ready to make a change. He will deliver this course as a stand-alone course, or it can be combined with other training offerings. The

half day format can include a 1-hour personal training session. At the end of the course all participants would have developed a personal wellness action plan and experienced practical learning in exercise, nutrition, and mental fitness.



The overall training/coaching is aimed to help participants to be inspired and strengthened with practical and tangible strategies to improve their personal wellness. This course can be run in the following formats: 1-2 Hours, Half Day and Full Day are available. Call +61 481 307 778 or email office@breakthroughcorporatetraining.com.au for more information.

Empowering leaders and teams to breakthrough and achieve their potential!

Breakthrough Corporate Training offers workshops, corporate training, coaching, team building, retreats and speaking services to organisations in Australia and worldwide. Breakthrough Corporate Training has a strategic partnership with TransforMe Learning and combined, we have over 70,000 hours of coaching/mentoring/training experience in organisations. 10s of 1000s of People from organisations in Sydney Australia and around the world have been transformed through our talks, corporate training, coaching, and mentoring. See some of our combined clients below.



Our Vision

Breakthrough Corporate Training is a Sydney Australia-based corporate training leader. We facilitate powerful breakthroughs that transform team culture through our CLASS (Communication, Leadership And Soft Skills) and RAW (Resilience And Well-being) Courses and Programs. Our clients experience transformation through our on-line and on-site training, coaching, team building, retreats, and keynote talks. We add enormous value to teams as they become healthy, cohesive, and successful.

Our Core Purpose

To Empower Leaders and Teams to Breakthrough and Achieve Their Potential!

Our Core Values

Our Core Values show you what is really important to us and how we behave. Our core values demonstrate who we are at our core to our clients. These Core Values are intrinsic to who we are, and they do not change. Our Core Values are *Engagement, Breakthrough, and Passion*.

- Engagement* – We are engaged in every client encounter.
- We empower leaders and teams to *Breakthrough*.
- Passion* is our energy that fuels transformation experiences.

Our Nurture Values are values that we care about and that we aim to demonstrate in our behaviour. These values reflect our standards and how we function in our organisation. Our Nurture Values are *Relevance, Heart, Integrity, Presence, Truth, Courage, and Teamwork*.



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