



HOSPO HEALTH

HOSPO HEALTH and your team

HOSPO HEALTH has been developed specifically for the Tasmanian hospitality industry. Whether you're a business owner, a chef, a casual waiter, an office worker, or anything in between, this program is for **you**.

Your health and wellbeing is really important, and not just from a work perspective. It's been a tough couple of years for this industry so now is the time to make sure you are looking after yourself, as well as your colleagues and your staff.

BUSINESS OWNERS AND MANAGERS

HOSPO Health is something you can roll out to all your staff, and there's no cost to take part. Most of the program is online, so you and the team can do it on any day, at any time that suits.

We recommend doing at least one of the training videos each month with your staff – each video is between 6 and 12 minutes, so you can easily fit this in a staff meeting!

- There are plenty of take-home messages from the videos, podcasts and handouts
- You'll get a good insight into how your organisational culture is tracking, and if the team are concerned about anything
- It's a chance to reinforce WH&S messages, such as heavy lifting practices and the importance of mentally healthy workplaces
- HOSPO HEALTH is the ultimate team building activity – and if everyone's working as a team it's great for business.

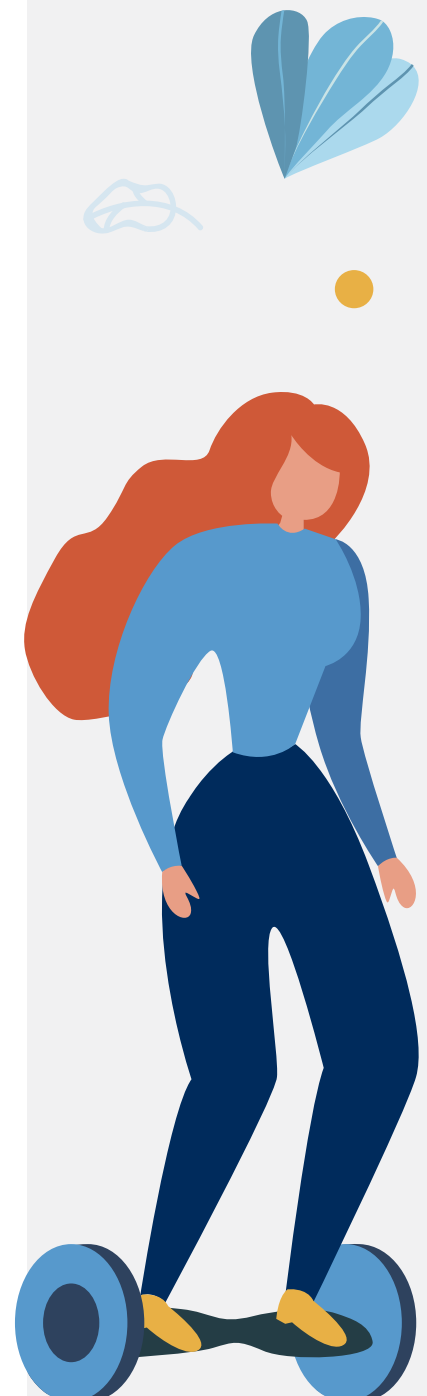
**GET SOME TIPS
FROM OUR HH
INFLUENCER
COMMUNITY**

Keep watch for our influencers! We've had a few businesses offer to share their **HOSPO HEALTH** progress. We'll be checking in with them, having a chat on a podcast or passing on their tips via social media.



JO BAILEY

Communications & Engagement
Strategist
Non-Executive Director





TIPS

- 1** Ask your senior staff members to take turns leading the discussion each month, it's useful for their **professional development**. And encourage the whole team to have input to the discussion and make suggestions.
- 2** Send relevant fact sheets around to your team or post them on the staff notice board
- 3** Some of the fact sheets provide links to valuable and important information that you need to know – WH&S, risk management, workplace safety and culture and more. Pass them around and print or bookmark them. If there's a legal compliance requirement about it, **you need to know**.
- 4** Take advantage of the **HOSPO HEALTH team building workshops**. These are offered around the state and are open to anyone in the industry FOR FREE! Spaces are limited though, so be sure to keep watch on the website and Facebook so you can secure a booking!

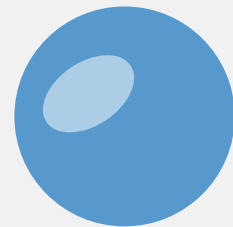
HOSPO STAFF

Working late shift? Busy juggling kids, exercise and/or study around your work? We're delivering most of HOSPO HEALTH online so that we can meet you where you are.

- Check out the website resources and learning videos whenever you have a little bit of time for yourself.
- Tune into a podcast when you're out for a walk or a jog, while you're cooking dinner and even soaking in a bubble bath!
- Chat to your manager about including HOSPO Health program in your workplace – staff meetings are a great time to check in on everyone's health and wellbeing.
- And be sure to keep watch for the workshops, which will be held in a location near you – two hours of fun filled activity where you'll learn that an efficient and functional team makes work so much more enjoyable!

TELL YOUR FRIENDS, AND TELL US!

A health and wellbeing program, designed for your industry and offered at no cost is too good to be kept secret. Let everyone in your industry know about **HOSPO HEALTH**, encourage them to join in or hit them up with a challenge, because there's nothing like some healthy competition to get you moving!



We'd love to see your progress. You can send photos, videos and stories to us through **GET IN TOUCH** on the website or upload them to social media with **#HOSPOHealth**.