



# HOSPO HEALTH

## We're flexible, so you can be too!

**HOSPO HEALTH** has been specifically developed to be flexible – this means you can roll it out however you like, and in a way that suits your business and your staff.

Here are some examples of how you might want to build HOSPO Health into your workplace.

### WITH THE LOT

Take advantage of the full program, and build each topic into your staff development.

We've put together a toolbox of resources to make things quick and easy for you.

Follow our handy **HH Calendar**, which is full of suggestions for engaging your staff and getting the most out of every preventative topic.

- Set your team some challenges that link to our monthly topics
- Join our regular online catch ups
- Book in some fun team building activities
- And don't forget to **lead by example!**

### PICK & MIX

If the full experience won't work with your business, take a Pick & Mix approach – choose the preventative topics that suit your needs.

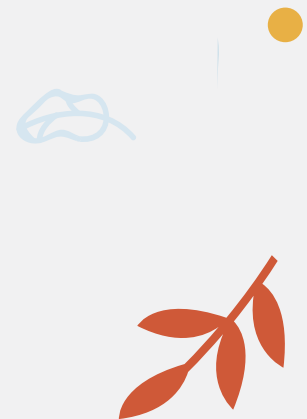
Most months have two different topics. And once the videos, fliers and podcasts are uploaded they will remain available, so **you can jump backwards, refresh or catch up** when you have time!

Plus, you'll be giving your staff (and yourself) a tailored health and wellbeing program. And **there's no cost, but you can expect great returns.**



**JO BAILEY**

Communications & Engagement  
Strategist  
Non-Executive Director





## SELF SERVE

If you're a small business with limited staffing it can be really tough to schedule in professional development.

We've structured HOSPO Health so you don't have to miss out – just be sure to share the updates when new content is uploaded and **encourage your team to check it out!**

We have new preventative health and wellbeing topics each month, with information that's relevant for professional and personal life. So **spread the word.**

### HOSPO Health is for everyone!

If you own or manage a hospitality business, you'll find useful links and resources to help guide your business processes

## TAILORED FOR BUSINESS OWNERS & MANAGERS

- HOSPO Health and your workplace
- Psychosocial safety
- Building resilience, mentally healthy workplaces

## WH&S

We have a panel of professionals who've contributed to the **HOSPO Health** program. Where relevant, our experts have shared resources and links to **regulations, information and support services.**

If you own or manage a business, make sure you bookmark these pages – or print them out – so you have quick access whenever you need it.

## SHARE THESE TOPICS WITH YOUR TEAM (AND REMEMBER TO CHECK THEM OUT YOURSELF TOO!)

- Creating and building healthy habits
- Exercise, movement and physical activity
- Healthy eating and shift work
- Mindfulness
- Gratitude and fun
- Alcohol and drug use
- Sleep, water and hydration
- Team building
- Financial health
- Injury prevention
- Creating happiness

