



Summary - 360° Journal Wellness Programme

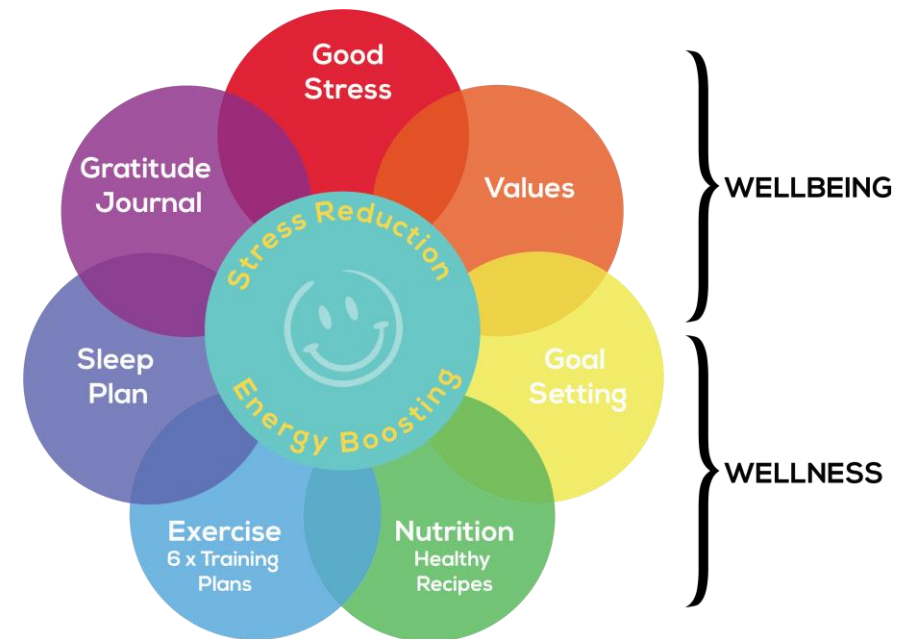
Objective - Reduce stress and boost energy in the workforce

Duration - 1 x cycle = 12 weeks or 4 x cycles = 52 weeks

Includes - 360° Journal app (and group tracker)
- Stress management course
- Goal setting programme
- Entry into Dynamic Workforce Awards

Delivery - Code to access App

Payment - In full for 1 cycle. In full or by subscription for 4 cycles



The 360° Employee Wellness approach

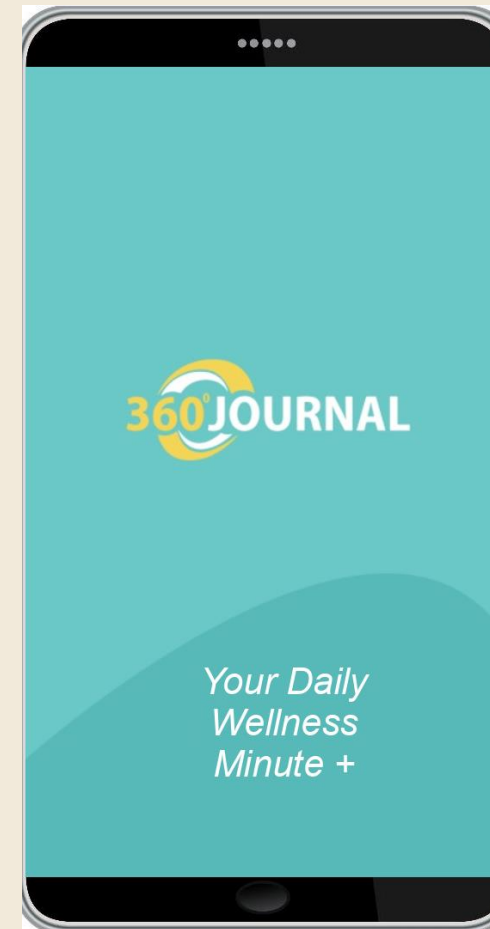
The 360° Journal App

Objective - Boost energy (reduce stress)

Duration - 1 x cycle 12 weeks or 4 x cycles 52 weeks

Includes - Group tracker
- Sleep journal
- Exercise journal
- Nutrition journal
- Daily goals
- Daily /weekly results
- Rewards

Delivery - Code to access app



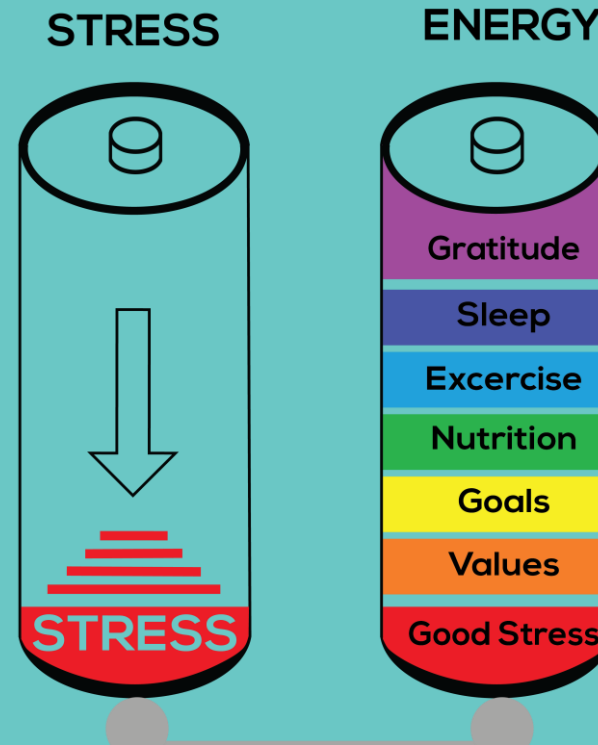
Stress Management course

Objective - Reduce stress

Duration - 2 hours

Includes - Mind and body
- Stress in the workplace
- The 7 dimensions
- Workbook download

Delivery - Available on the app



Master class goal setting programme

Objective - Instil a goal setting mentality

Duration - 1.5 hours (depending on number of goals)

Includes - Stage 1 Identify your values
- Stage 2 Identify your goals

Delivery - Download from 360° Journal app



Dynamic Workforce Awards

- Every business is automatically entered into the awards.
- Awards are broken into 6 regions:
(Leinster/ Munster/ Ulster/ Connaught / Mainland UK / Dublin)
- Judging criteria: Biggest improvement. Participation levels.
Most medals. Colour of medals.
- Regional finalists will be notified of the next steps*
- One overall winner for Ireland and UK will be crowned the
DYNAMIC WORKFORCE CHAMPIONS 2021

Please note there is no fee to enter but if you become a regional finalist there is a minimal fee. 3 finalists per region

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