

FitBiZ

Employee Wellness Programmes

GOLD

Summary Fitbiz GOLD

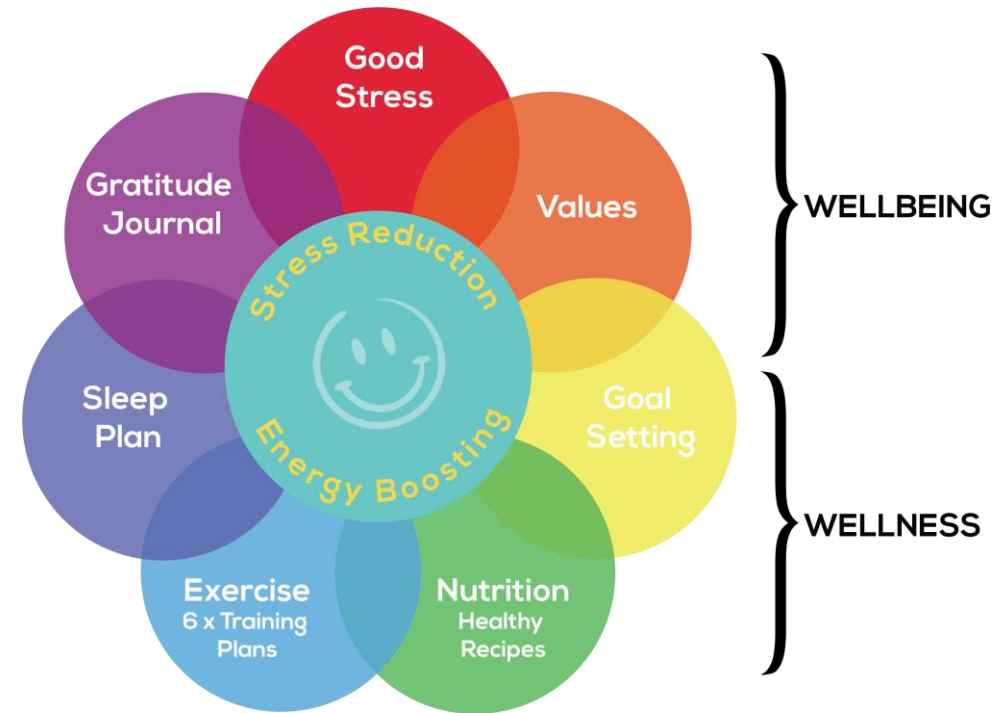
Objective - Reduce stress and boost energy in the workforce

Duration - 1 x cycle = 14 weeks. 4 cycles = 52 weeks

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

Delivery - FitBIZ weekly video emailed. Code to access App

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



The 360° Employee Wellness approach

FitBIZ 14 week schedule

Week 1 Welcome	Week 1 Preparation	Week 2 Exercise	Week 3 Nutrition	Week 4 Sleep	9 x Weekly Motivational videos	Week 14 Final Tracker
Welcome	Section Overview	Section Overview	Section Overview	Section Overview	Motivation. Week 5	New Beginnings
Your instructor Eoin Ryan	Beliefs, Values & Behaviours	4 x Questions	4 x Questions	4 x Questions	FUN. Week 6	
The 360 Journal	Goal Setting part 1	Benefits of Exercise	Types of Nutrition	Types of Sleep	Feedback. Week 7	
Take control of your destiny	Goal Setting part 2	Quick FitBIZ wins	Benefits of quality Nutrition	Benefits of quality Sleep	Significance. Week 8	
30 second summary of Welcome	Attraction	Pick a Goal 5km - Marathon	The Food Shopping game	Tips on Sleep part 1	LOVE. Week 9	
	Equipment you'll need	Tips to keep you running	Tips on Nutrition	Tips on Sleep part 2	Challenge. Week 10	
	Training plans	Warm up for a run	Exercise & Nutrition	Creating a Sleep routine	Flexibility. Week 11	
	Weekly Trackers & FitBIZ Champion	Section Takeaways	Hydration	Gratitude before & after Sleep	Strength. Week 12	
	Section Takeaways		Section Takeaways	Section Takeaways	Energy. Week 13	
		Week 2 Bonus Section				
		How to prepare for a race				

Objective - A deeper understanding of exercise, nutrition and sleep.
- Preparing employees for exercise (running / walking)

Duration - 14 weeks (schedule above)
52 weeks = 1x FitBIZ + 3x 360° Journal Wellness programmes

Includes - Course on exercise
- Course on nutrition
- Course on sleep
- 9 x motivational videos
- Bonus Section – how to prepare for a race

Delivery - Email sent weekly with new video

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



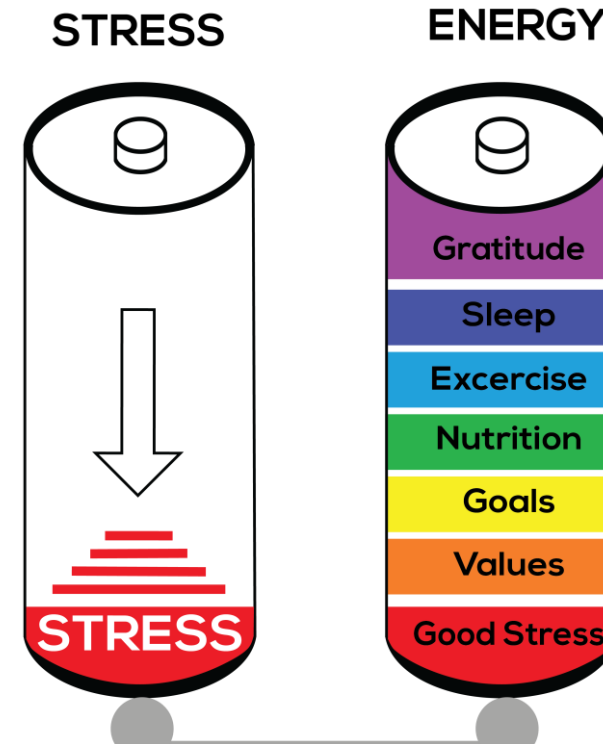
Stress Management course

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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