

DR GUNN'S WELLNESS STUDIOS

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Dr Steven Gunn is one of the most highly respected, innovative and visionary Wellness Consultants and sought after Guest Lecturer in the corporate world today. Medical doctor, occupational and complementary health practitioner, celebrity medical officer, national radio speaker, inventor, and entrepreneurial business man. Dr Gunns vision and mission is to increase human capacity and productivity through holistic wellness strategies and leadership intelligence.

SEMINARS & WORKSHOPS 2007

- ★ WHAT IS HOLDING YOUR BUSINESS BACK?
- ★ UNLEASH THE FULL POTENTIAL OF YOUR PEOPLE!
- ★ TURN OVERHEADS INTO PROFIT CENTRES!
- ★ CREATE UNPRECEDENTED WEALTH!

THEMES

- ➔ Relationship between wellness and performance;
- ➔ Physical and mental employee health challenges;
- ➔ Stress and productivity;
- ➔ Sick Building Syndrome and work environment;
- ➔ SHIFT FATIGUE and employee disengagement;
- ➔ The role of nutrition in workplace performance;
- ➔ Prevention of chronic diseases and absenteeism;
- ➔ Designing effective wellness programmes.