

SPEAKER

Dr. Steven Gunn MB.ChB. B.Sc

POOL OF OTHER PRESENTERS

Dr. John Mbuya PhD. MBA. MCom
Dr. Gawie Minnaar D.Phil.et Lit.MA
Ms. Susan Minnaar MA
Dr. Neil Rowley M.Tech (Chiroprac)
Mr. Mike Williams CA(SA)

WHO SHOULD ATTEND

CEO's, Executive Directors, Business Owners, Risk and Financial Directors, HR Managers, Supervisors, Trainers, SHEQ Managers, Wellness Managers, Absenteeism Managers, Production Managers, Corporate Social Investment and Responsibility Managers.

SEMINAR TITLES

1. Wellness and performance in the workplace.
2. The impact of physical, mental and emotional stress and working solutions.
3. The role of Sick Building Syndrome and Environmental factors with respect to employee productivity.
4. The management of mental and physical fatigue in the workplace.
5. The role of diet, nutrition and food supplements in the enhancement of employee mental and physical performance.
6. Designing comprehensive and effective wellness programmes.

WHAT CAN YOU EXPECT

- Myth busting and antiquated belief systems exposure.
- How to use physical, emotional and leadership intelligence to your advantage.
- Reduction in absenteeism and low productivity and increased efficiency with less employee stress..
- Optimal physical and mental capacity development using advanced Wellness programmes and nutrition.
- Better work ethic and organizational morale.
- Risk reduction and greater return on investment.

Dr Gunn's Wellness Studios offer professional educational talks, lectures, seminars and workshops for corporates and communities, conducted by a team of doctors, psychologists, allied health professionals and other experts in the Wellness industry.

