


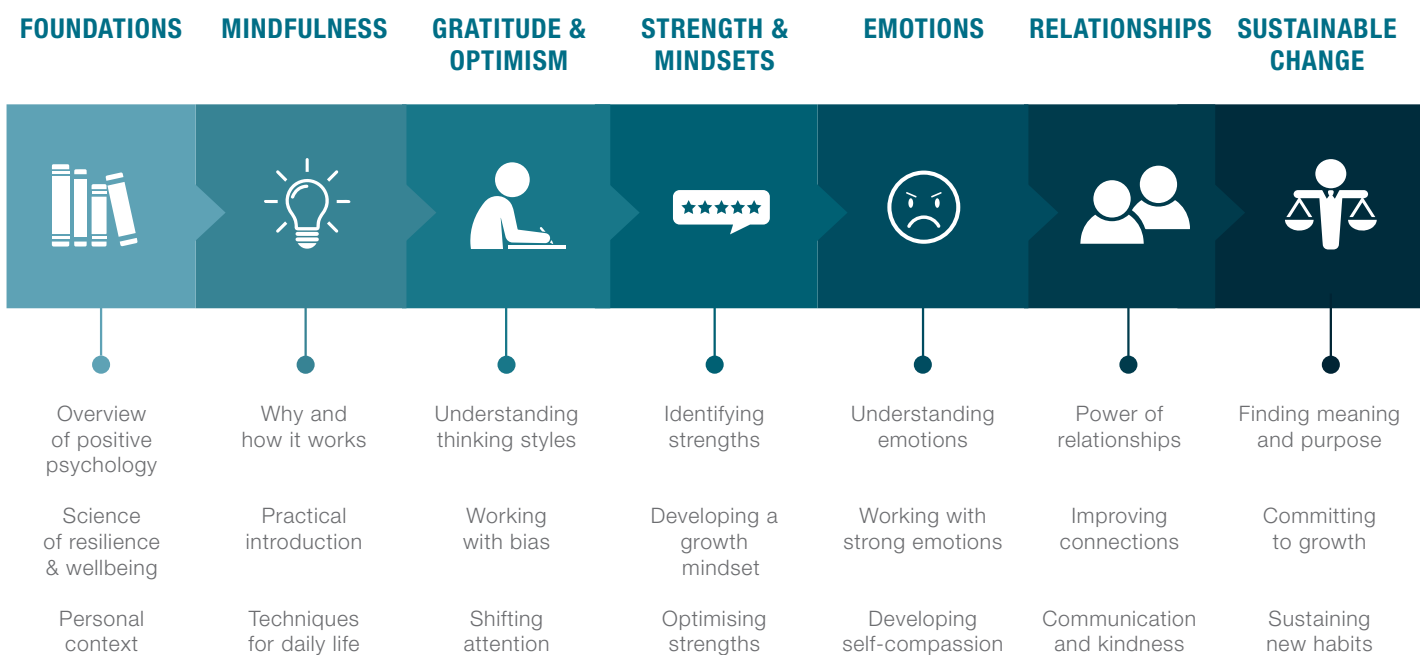


INTRODUCING THE THRIVE PROGRAM

Optim is a boutique development firm with the core goal of helping leaders achieve better performance outcomes and improved wellbeing. We combine business understanding and scientific rigour to deliver meaningful and lasting results for our clients.

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WHAT IS THRIVE?
 An evidence based, positive change program designed to improve resilience, performance and wellbeing.
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WHY NOW?
 People are looking for new ways of managing the pace, demands and stresses of the modern workplace.
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WHO IS IT FOR?
 Key talent who have impact and influence across an organisation.

This is a **practical program** in which each module will outline a solid research base and provide relevant tools and tips for immediate application. Modules are 2-4 hours in duration and are delivered over 4 months.



Thrive is a highly interactive, experiential & immersive group program that facilitates positive & lasting change.

WHAT ARE THE BENEFITS?

TO THE INDIVIDUAL	TO THE ORGANISATION
Clarity around their strengths, motivations and values	Greater employee engagement, commitment, productivity and retention
Strategies for improving performance, resilience, creativity, applied-learning and decision-making	Significant decrease in incidences of stress, anxiety and burnout
Deeper sense of engagement, meaning and purpose	Improved physical and mental health of the workforce
More productive and rewarding relationships, at work and home	Increased trust, understanding and collaboration
Life-long strategies for better physical and psychological health and wellbeing	Greater problem-solving, creativity and innovation
A peer-supported development process	Positive flow-on ("contagion") effects for those that work with or for program participants

WHY IS IT IMPORTANT?

4 key reasons to invest in resilience & wellbeing

01

Research shows that the vast majority of employees are languishing or stagnating at work.

Many report feeling "stuck", "tired" or "disconnected" and want to "get more out of work".

02

The most recent Gallup survey indicates that only 14% of the Australian workforce is really engaged.

Employees in our region want more opportunities to be their best at work and a value-proposition that emphasises overall wellbeing.

03

These alarming statistics are negatively impacting performance and productivity for employers.

Thrive can dramatically change this. Research shows that improving wellbeing increases sales by 37%, productivity by 31%, and accuracy on tasks by 19%.*

04

Wellbeing is critical to sustainable business success, delivering very tangible business outcomes.

Investing in employee wellbeing isn't just the right thing to do ethically but also commercially.

* (Shawn Achor, The Happiness Advantage)

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