



# WORKING FROM HOME; WORKING ALONE

The COVID-19 health crisis has left employers scrambling to keep their day-to-day operations running within the changing Government guidelines.

Whether transitioning to a remote workforce (almost overnight) or making significant changes to the way people carry out their jobs in the workplace – employers need to carefully consider their duty of care.

How do employers manage the added complexity of caring for workers in new and different environments (where they have less control) or keep their people happy and engaged when facing challenges such as isolation?

WFR have worked with clients in remote, regional and other challenging work environments for many years. We manage the impact of isolation and work to achieve healthy bodies and minds on a daily basis - so we're well equipped to help you and your workers through the current health crisis.

Drawing on the principles of our **Healthy Lifestyle Program**, which has been successfully delivered in workplaces around Australia for the last 20 odd years – we're now bringing our experience and support to your workers' homes, living rooms and camp quarters.

*'Working From Home; Working Alone' is a 6-month virtual program that addresses the specific challenges of working remotely or alone in the world of COVID-19.*

## The 'Working From Home; Working Alone' program

This 6-month virtual program has been designed to address the specific challenges of working remotely or alone in the world of COVID-19.

By providing your people with tools, resources education and professional (virtual) support from our trained Exercise Physiologists – your people will be better equipped to manage their own health and wellbeing throughout this crisis.

Based on what our clients have been asking for right now – the Working From Home; Working Alone program includes access to the following support bundles in addition to an allocation of one-to-one support hours from WFR team members:

- Boosting Employee Health bundle
- Enhancing Mental Wellbeing bundle
- Reducing Workplace Risk bundle
- Plus, one-to-one support hours.



### Boosting Employee Health bundle

This bundle is centred around a 6-month **Working From Home; Working Alone** health calendar. Each month, content will be delivered covering one of the following carefully selected topics:

- Immunity
- Mental Health
- Fatigue / Sleep
- General Health
- Stress Management
- Health Conditions

WFR's tools, resources and expertise relating to each topic will be delivered via different channels to provide something for everyone and keep people entertained and engaged. This includes:

- **Regular newsletters** to let your people know what's on and remind them of the resources available and how to access them.
- **Health screening survey** relating to each health topic to raise your people's awareness of any potential risk factors.
- **One-to-one virtual consultations** with a WFR Exercise Physiologist are available, as needed, allowing your people to ask specific health questions and build an individual health, nutrition and exercise program.
- **Livestream and online health presentations** offering tools and tips for the health topic in focus so your people can take action to improve their wellbeing.
- **Livestream and online fitness sessions** will be available to ensure your people stay committed to their fitness routine.
- **OPTIONAL:** WFR will facilitate one of our popular **Health Challenges** to encourage healthy competition, increase engagement and have a bit of fun!





## Reducing Workplace Risk bundle

New working habits and environments present new risks for employers. This bundle provides support and training to help reduce the potential risks of working from home or in a new environment:

- **Online and live ergonomic support** - Generally lasting 20 minutes, these virtual sessions provide an opportunity for a WFR staff member to review an individual's work environment and discuss strategies to reduce the risk of injury.
- **At-work stretching sessions** – Our signature stretching programs have been taken online. Follow one of WFR's Exercise Physiologists, as they guide you through a simple but effective stretching sequence to help prepare for, or unwind from, a day of work.
- **Musculoskeletal health support** – WFR's Exercise Physiologists are ready to assist individuals with their musculoskeletal strength and conditioning needs, and employers with any Exercise Rehabilitation or Case Management support required.



## Enhancing Mental Wellbeing bundle

People who have good 'Mental Fitness' are able to better manage the stressors of challenging situations and bounce back from set-backs in life. We think we could all benefit from improving our mental fitness at the moment!

This bundle provides information and practical tools to help improve mental fitness so your people are better equipped to manage this global pandemic or anything else life may throw their way, including:

- **Mental health presentation packages** - will demystify and destigmatise different mental health challenges and arm employees with strategies to boost their mental fitness and outline the support options available.
- **Online and live mindfulness and meditation classes** - it's the equivalent of going to the gym for your brain. These live and on-demand classes help people take 'time out' and provide simple tools that will help them stay calm and focussed in this COVID-19 world.

### One-to-one support hours

Our Working From Home; Working Alone program comes with an allocation of one-to-one support hours giving your people access to WFR staff members for any individual support required throughout the program.

And of course, additional hours can be purchased at any time should the team really enjoy the one-to-one support.



# WHAT CAN YOU EXPECT?



## DESIGN & LAUNCH

While the **Working From Home; Working Alone** program includes three bundles that work together to provide a comprehensive health and wellbeing offering – individual bundles, or even single solutions, can be delivered as stand-alone items if desired.

Once the program bundles have been selected, WFR's Project Team work with you to tailor the program delivery for your workgroup – including the program calendar and promotion process. That way, we can ensure it's aligned to your organisational needs and we can ensure the best engagement from your employee group.

Next, we will launch the program to your people, educating them on what's available and how to access the resources.



## SUPPORT

Throughout the campaign, WFR will deliver each element in the program calendar (e.g. presentations and fitness sessions). Weekly program newsletters will provide information and tips and remind people of what is available to ensure its front of mind.

WFR will continually refine the delivery of the **Working From Home; Working Alone** program - ensuring your people remain motivated and engaged.



## REVIEW

Regular reporting (where possible) and updates will be provided to the leadership team throughout and at the conclusion of the program.

# CREW CABIN

## WHAT IS THE INVESTMENT?

The **Working From Home; Working Alone** program can be accessed by employers on a month-by-month basis - for a monthly fee, according to the size of the employee group.

The monthly fee below includes the management and delivery of the Boosting Employee Health, Enhancing Mental Wellbeing and Reducing Workplace Risk bundles and access to one-to-one support hours (for workplaces > 25 employees).

**EMPLOYEES < 25**

**\$495 / mth**

**EMPLOYEES < 100**

**\$1,950 / mth**

Includes 5 hours of  
1:1 support time

**EMPLOYEES < 250**

**\$3,750 / mth**

Includes 10 hours of  
1:1 support time

**EMPLOYEES < 500**

**\$4,950 / mth**

Includes 20 hours of  
1:1 support time

Note: A once off, initial set-up fee of 10% of the monthly fee will be charged. Additional one-to-one support hours can be purchased upon request.

**Interested in accessing an individual bundle or solution?** Please contact us for pricing information.

# WHAT ARE THE BENEFITS?

- Individuals walk away with a greater understanding of how to manage their health and wellbeing when working remotely or in isolation
- Delivered in a way that works within the changing Australian Federal and State COVID-19 guidelines
- The program increases morale and promotes inclusivity whilst working remotely or alone
- The process sends a clear message from management about the importance of health and wellbeing, which results in a positive impact on engagement
- Education and coaching throughout the campaign helps the program to be self-sustaining

## WANT TO IMPLEMENT SOMETHING ASAP?

Get in touch for more information:  
[ENQUIRIES@WORKSITE.COM.AU](mailto:ENQUIRIES@WORKSITE.COM.AU)