

# Corporate Wellness

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With insights and best practices from  
Perth's leading companies

Bodyscape is founded on a balanced approach to yoga and wellbeing. We offer beautifully designed programs that suit your business, packaged up as classes, meditation sessions or workshops.



a letter from the founder

# About this guide

In my previous life, I worked in a 9-5 office job in the Perth CBD. My only movement during the day was the typing, the short walk to meeting rooms and the lunchroom.

Considering most of us spend a majority of our time at work, it's not surprising that the lack of movement and repetitive stress we place on our bodies can cause physical pain, mental and emotional discomfort too.

During my time in the office, I was fortunate to find lunchtime yoga and this changed my life. I have since been working as a full-time yoga teacher and have helped leading companies in Perth to bring wellness, mindfulness and exercise to their offices.

Not all of us need to transition out of the office environment to reach our wellness goals. However, we can bring wellness into companies so that we can all be healthier, happier and more productive.

This guide is based on companies I have personally taught. It provides you with a step-by-step guide to initiate corporate wellness in your business.

Thank you for my clients who have shared their best practices for this and to those who already have wellness initiatives in place, keep it up.

Rosanna Susanto  
Founder of Bodyscape

Not shy of corporate clients, Bodyscape has been able to make a tremendous influence in the workplaces of some prominent industry leaders such as McDonald's Australia, Hawaiian, Westpac, Deloitte and BHP, including Main Roads WA for 4 years running, to name a few. Below a list of past and current corporate clients we have served.

City of Stirling, The Public Trustee, PLC, Hollywood Hospital, Department of Health, Westpac, Jersey Jack Gelato, Mirvac, Racing & Wagering WA, Aspire Physiotherapy, Panetta McGrath Lawyers, Allens, Baptistcare, Lunchbox, Friendlies Pharmacy, Wallace Real Estate, Quintis, Regis Aged Care, Minnovare, UWA Colleges, UWA Sports, realestate.com.au, Perth Royal Yacht Club, Herbert Smith Freehills

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# Bodyscape Corporate Team

The people behind your wellness

## **ROSANNA SUSANTO**

FOUNDER

The face behind Bodyscape, Rosanna has built a brand far beyond her yoga studio in the heart of Perth's Western Suburbs. After completing her double degree in Law and Commerce at UWA, Rosanna shifted her practice to the yoga mat and since then has never looked back. She believes everything happens for a reason so just give it your best, every day. Her positive vibes will keep you going for days!



## **LISA CLEGG**

WELLNESS MANAGER

MASSAGE THERAPIST

A love affair with Ayurveda was the catalyst for Lisa's move from working as an organisational consultant to studying an Advanced Diploma in Ayurveda at the Australian Institute of Holistic Medicine and undertaking an internship in India. Lisa went on to complete her Yoga Teacher Training, as well as studies in mindfulness practices for children. Lisa finds joy in her ability to share these ancient practices with the community and believes in the possibility of optimal health for everyone.



# Bodyscape Corporate Team

The people behind your wellness

## **KARINA PAXINOS**

YOGA

Karina is extremely passionate about yoga. Previously in the corporate setting, her shift to barefoot yogi doesn't stop at her profession. Yoga is weaved into the way she cooks, plays, practices and amongst her friends and students. Her focus is on meditation, anatomy and creative sequencing that challenges both body and mind.



## **KAMI SWEET**

PERSONAL TRAINER

MOVEMENT SPECIALIST

Kami runs her own PT studio and beauty salon. She is a very goal oriented individual with an extremely proactive approach to life. Her mission is simple; to create the ultimate environment for people to transform and unlock the happiest, healthiest and most confident version of themselves. Expect great music to keep your energy levels up and solid encouragement throughout class.



# The Press

Interviewed by Peter Bell for ABC Radio Perth  
and a mass media feature in the Cover of  
Today in the West Australian



INSIDE HEALTH + FITNESS, EDI AND THE FORM



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# lululemon legacy Ambassador

for Australia & New Zealand



what we do

# Methodology

Our beautifully designed wellness programs are set up with your specific requirements to make the classes work for you. With no two classes the same and a hand-picked selection of inspiring teachers, it's easy for you to make it yours.

## Yoga

strength & relaxation

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- Breathing exercises and meditation
- Dynamic or calming practice
- Increases flexibility
- A feeling of calm and peace
- Stimulates internal organs
- Enhances body holistically

## Tai chi

low impact

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- Harmonise body and mind
- A form of moving meditation
- Improves coordination, strength
- Emphasis on internal energy
- Gentle postures
- Regulates central nervous system

## Pilates

toning

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- Strengthens lower back
- Emphasis on core stabilisers
- Longer and leaner muscle tone
- Increases muscle awareness
- Removes stagnancy in the body

## Meditation

calm & focus

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- Learn a variety of techniques
- Reduces stress and anxiety
- Prepares the body and mind to be still
- Tools to overcome stress
- Guided meditation and breath work

## HIIT

workout based

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- Short bursts of activity
- Increases heart rate
- Improves fitness levels
- Supercharges metabolism
- Improves aerobic capacity

what we do

# Methodology

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## Partner Yoga

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- Improves communication
- Trust building
- Ability to be open
- Based on balance and strength
- Cooperative movement
- Playful



# Creating a Wellness Program

a checklist

Starting a new initiative may sound overwhelming, but it could take as little as 1-2 hours for office managers to determine what is needed. Wellness programs can take different forms and each company needs to get clear on what works best for their culture, budget and priorities.



# 1. Analyse

Before announcing any sort of plan, it's important to find out who's around and what is needed. At the end of the day, your employer will want to know just how a wellness program can improve productivity, increase energy and really, just get everyone happier.

Assess your workplace culture:

- Rate of absenteeism
- Demographics
- Number of participants
- Interests in terms of wellbeing

While your employees may want daily massages or gourmet organic meals, this may not be in your budget.

Wellness programs don't have to cost a fortune, but sometimes a little financial support can go a long way. It might be starting with yoga once a week, or providing healthy snacks in the office like fruit or vegetables. Investing in health in the workplace can really pay off.

## 2. Set Goals

What do you want your wellness programs to do?

Goals can provide a direction in your wellness program.

Here are some examples:

- Target the most common healthcare concerns
- Use wellness as a recruiting and retention benefit
- Reduce absenteeism

## 3. Your Strategy

Does your workplace already have a wellness culture or do you need to create it? You may want to provide a variety of wellness options – lunchtime health seminars, onsite stress management classes and Yoga & Pilates classes.

The types of wellness perks and initiatives are limited only by your imagination. Choose wellness programs that best fit your business needs, workplace culture and interests. Keep in mind wellness ranges from staying healthy to getting healthy and even managing ongoing health conditions.

Convenience is key! Find out the time of day employees prefer to participate in wellness programs as well as providing information to keep them educated. Online tools can be extremely helpful for this. For example, we could provide guides targeted specifically for you.

## 4. Develop A Plan

Now that you have interest and budget, it's time to get the word out and set your plans in motion. To keep programs running, participation is crucial and it depends greatly on how the programs are communicated. Employee newsletters, meetings, posters and other internal communications are great to announce new programs. You can also follow up with monthly emails, with reminders, rewards and even competitions to keep participants engaged! Have fun with it!

We make it easy to keep your employees informed. For help, ask us about our communications material to help roll out your wellness program and keep employees motivated throughout the year. We can even help you host a kick-off event as a way to introduce the program and create some excitement around it.

## 5. Evaluate & Refine

After implementing your initiatives, be sure to get feedback about how things are going. What percentage of your employees are participating? Should we add more programs or adjust the current ones? Have a listen into informal hallway conversations or setup an employee survey to collect feedback.

Participants can give you a tremendous insight into a program. Learn from what they tell you and tweak the program as required. We can help you with this either at the end of every program or at the end of every month.

# Case Study

deloitte perth

As a global company, Deloitte takes pride in its employee benefits. In April 2016, the Perth office kicked off their on-site yoga program to coincide with their full day Wellness Fair, with various exhibitors including the likes of Bupa, Medibank, Youth Focus, Goodlife, Beyond Blue. This was a great way to educate employees not only their commitment to helping people lead healthy lifestyles but to also introduce the benefits on offer (complimentary yoga)!

Bodyscape held a stall and encouraged as many people to come and talk to us about physical, emotional, mental and spiritual wellness - or just to say hello so we could find out a little more about what they needed! Following the wellness fair, the significant demand for our services meant yoga was offered twice a week for two months. We came to their office and due to room availability; classes were limited to 20 people per session. Registration was a requirement and the interest in yoga at the workplace resulted in a waiting list. If a participant cancelled last minute, another person on was able to jump in and take their place. This way, attendance was always at its peak.

# Case Study

deloitte perth

Not only was it the perfect time to launch the program, but also the furniture choices at Deloitte reflected the pride they took in offering programs and resources to reward their employees. As a team, we helped move all the collapsible furniture before and after class - tables that could fold up and be put to the side, and chairs that could be rolled away. Setting up the program was made easy, because space planning already involved a conscious decision.

Bodyscape serviced Deloitte at lunchtime and after work, which helped to better manage each individual's work/life balance. We tailored classes according to what was sought after

- lunchtime sessions demanded a dynamic style of yoga to relieve tight shoulders, neck and back; and
- after work sessions offered a variety of stress relief through meditation, relaxation and passive stretching.



# Take Action

now it's your turn

You've seen why wellness programs are important, what other companies are doing and the steps to get there. Like all successful new endeavours, a little bit of time and energy can go a long way.

Whether your company can spend 10 minutes a day on meditation or \$10,000 on equipment and classes, there's always steps you can take this year to make your workplace healthier and happier.

# Team Up With Bodyscape

now it's your turn

Consider us a willing, knowledgeable and experienced partner when it comes to creating your wellness strategy. This guide is just a small example of what we can do to help - from simple once-off educational talks to ongoing programs, we will meet your needs!



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