



ALife Force

ALifeForce Boost Series

From Productivity
to Profitability



Boosting Office Productivity by Boosting Staff Wellbeing

A healthy, happy workforce is a vital component of a productive, successful business in the long-term. According to a study by Forbes in February 2023, happy employees are as much as 20% more productive in the workplace than unhappy employees. Happiness increases productivity because it leads to higher engagement so happy employees are also more present. They pay more attention to the needs of customers and they

are more alert of the company's processes and systems.

Employee happiness is a result of good health and mental wellness.

Being in a good mood makes you enthusiastic and focused. When you're in bad mood, you're stressed or even depressed. Needless to say, you are not able to achieve your maximum productivity levels when you're in bad mood.





Mental health and productivity are closely linked.

Poor mental health, manifesting most often as depression, anxiety, or burnout, can severely decrease motivation and production while increasing stress, leading to it can have serious consequences for a person and their relationships.

Human relations theory states that higher employee well-being

is associated with higher morale, which, in turn, leads to higher productivity.

Does it not feel like life has become a bit more hectic post-COVID? In today's super-fast-paced world, the tight connection between mood and productivity fluctuations is more evident now than ever. This is what the ALifeForce 1 day Boost Exploration Programme seeks to unpack for each of your employees.



LifeForce

The Boost Exploration Programme is an 8-hour fun-session that is customised by organisation to help your employees tap into their happier, better self in a manner that will boost their morale and their zeal to excel in the workplace.

Many individuals don't really understand what mental health is and how to face mental wellbeing issues or deal with it. This is especially true when it comes to mental health in the

workplace. The key to getting rid of this problem is to educate, educate, educate. During our workplace Boost Exploration Programme on mental Wellbeing, we will talk about how to recognize the signs of someone going through mental health challenges and give advice on how the organisation can be an ally during times of turmoil for others.

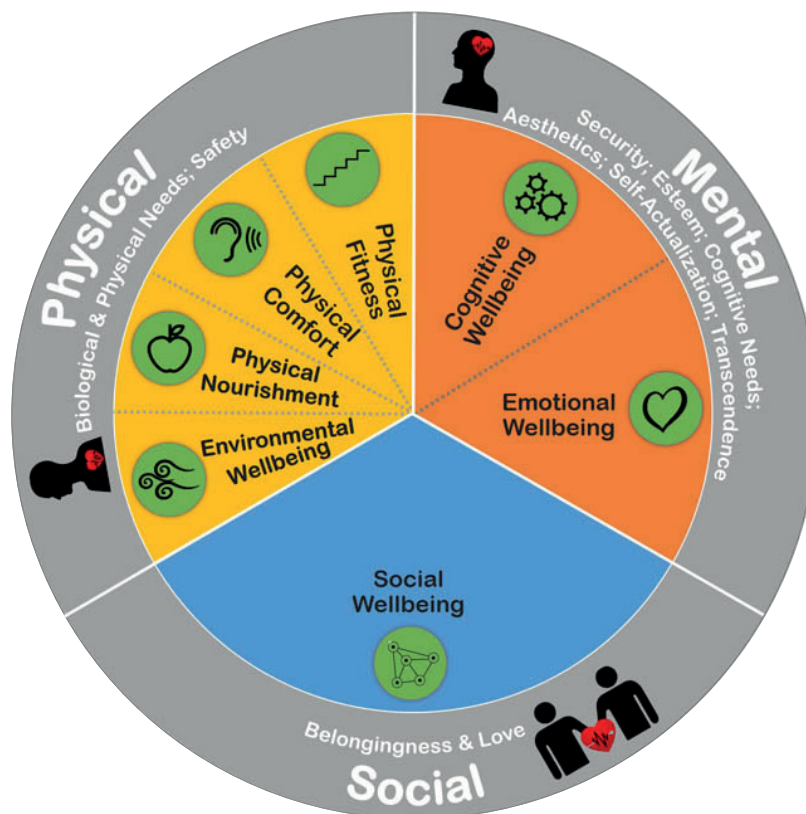
We can help you promote mental health within your organization using specific tactics to boost employee wellness, well-being and productivity.



As part of **World Mental Health Day**, ALifeForce has created the Boost Exploration Programme that aims to delve into the 3 areas of Physical, Mental and Social Wellbeing to tackle the core issue that impede productivity and

provide your staff with tools to help them recognise and deal with the triggers as they come up, leaving their minds free to focus on being the best versions of themselves in order to thrive in the Workplace.

Programme Content:



We have developed our own unique adaptation of the PROWELL Model, which provides seven major

components of corporate wellbeing, that falls into three categories: mental, physical, and social wellbeing.

Cost Profile of ALifeForce's 8-hour Boost Exploration Programme:

- Per individual N35,000 per session (based on minimum class size of 10)
- 11-20 individuals N30,000 per person per session
- Over 21 individuals N25,000 per person per session

Positive ROI gains can be achieved in a number of ways after implementing the program you can expect:

- Reduction in health care costs
- Increase in productivity
- Decrease in sick days and long-term absences
- Reduction in turnover

We aim to delete stress and clutter in an employee's journey and ultimately raise the employee wellness quotient. Grab it. And help them to stay well.

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*A*Life Force