

Health is a state of complete physical, mental and emotional well-being; not merely an absence of dis-ease.

Workplaces directly influence the wellbeing of workers, & increasingly organisations are realising that success can only be achieved with a healthy, qualified and motivated workforce. The World Health Organisation (WHO) states that the workplace is a priority setting for health promotion, as time at work represents a large percentage of workers waking hours. Mitchell Services Director, Leith Mitchell, is completing a Masters of Wellness at RMIT, specialising in Positive Psychology, Wellness Coaching & Workplace Wellness.

Mitchell Services specialises in conducting workplace wellness needs assessments, and preparing workplace wellness proposals to implement a sustainable, comprehensive and integrated workplace health and wellness program using WHO’s methodology the *Health Impact Assessment (HIA)*.



Mitchell Services offers:

- Development of the workplace business case, wellness strategy & recommendations based on screening, scoping, assessment, & leading workplace wellness research.
- Execution of an integrated workplace wellness framework including strategies to embed a wellness culture.
- Key reporting, monitoring & evaluation metrics to measure the success of wellness programs.

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