

## Welcome to ACT Ltd.'s Training Reference Guide for Corporate Wellness

Identify the situation your organization faces in the left column, read across the chart to find out which of our Corporate Wellness Training Programs is right for you. Then, give us a call and we will customize one of our programs for your staff needs. Contact us at 604.521.5473 for details.

Situation	Well Worker series	Stress management	Time and priority management	Creative thinking	Balancing life and work	Dealing with change	Corporate play	Learned optimism	Appropriate assertiveness
High absenteeism	ü	ü			ü				ü
High stress levels	ü	ü	ü		ü	ü	ü	ü	ü
Missed deadlines	ü		ü		ü	ü			ü
Interpersonal conflicts	ü	ü			ü	ü	ü	ü	ü
Lowered productivity	ü		ü	ü			ü	ü	ü
High defect rate or poor quality service	ü			ü		ü		ü	
Power struggles	ü								ü

Situation	Well Worker <sup>®</sup> series	Stress management	Time and priority management	Creative thinking	Balancing life and work	Dealing with change	Corporate play	Learned optimism	Appropriate assertiveness
High volumes	ü	ü	ü	ü	ü	ü	ü		
Stale workers	ü		ü	ü			ü	ü	ü
Downsizing/ layoffs	ü	ü				ü			ü
Staff appreciation needs	ü	ü	ü	ü	ü	ü	ü*	ü	ü
High/ increasing HR costs	ü		ü	ü	ü	ü			

\* When delivered well, corporate "Play Days" make for great staff appreciation activities while at the same time increasing creativity and teamwork.