

O2C Workplace Wellbeing Programs

A growing body of research demonstrates the importance of encouraging and maintaining organisational, cognitive, emotional and physical resilience in the corporate environment. Resilient individuals and organisations are those that are able to recover from shock and adapt with new strategies and efforts to establish a new equilibrium. Resilient organisations are those which have a flexible and open work environment that enable employees to tap into their potential.

IP Australia, who recently engaged the services of O2C Solutions, a Canberra based transformational company that uses training, coaching and consulting to build successful and resilient people, leaders and organisations, are to be commended for their commitment to employee health and wellbeing.

IP Australia put over 70 of their staff through one of O2C Solutions innovative health and fitness programs – **The 6 Week Corporate Fitness Challenge**. The program unites positive thoughts with physical persistence to improve individual resilience and promotes physical health and fitness through a series of fun unique challenges. The program catered for all levels of fitness and provided outcomes such as improved physical health and fitness. IP Australia participants took on the 6 week challenge enthusiastically and some amazing overall results were achieved.

O2C Solutions offer a broad range of Workplace Wellbeing Programs with over fifty products to choose from: one hour seminars, one day workshops, innovative week programs utilising both seminars and workshops, and the six week physical resilience corporate challenge programs. O2C Solutions can customise their products to the requirements of organisations of all sizes and types.

For more information on the O2C Physical Resilience Corporate Challenge programs and other wellbeing products, contact O2C Client Relations and Events Manager, Emma Pieper on 0410 544 069 or visit www.o2c.com.au