

SPEAKER

Marita Williams

(CORPORATE WELLBEING CONSULTANT, EOH Health)

Marita Williams is a Sport Scientist who has managed her own Organisational Wellbeing consultancy since 1999 and is now with EOH Health where her focus is on the development of Executive health coaching and Wellness training programmes. One of her areas of specialisation is resilience and energy management. These crucial human capital interventions focus on the individual to build resilience in a continuous changing and challenging world of work as well as to shift the focus from managing time to managing energy.



TOPIC

Corporate wellness for improved productivity through sustainable human energy

SYNOPSIS

Sustainable human energy is an asset to any business, especially in small businesses where staff need to go beyond what is expected to grow the business.

For business owners to also focus on human energy sustainability and not only environmental sustainability, is a necessary shift in thinking. Not only does this support the reduction in healthcare costs, but shifts the focus to the impact of healthy living and sustained energy on the productivity, morale and resilience of employees.

Business owners will benefit from this talk, both for themselves as well as for their businesses and the people who function within. Practical guidelines for sustained human energy will be shared and practical information will be available. Participants will also experience some practical hint and tips in a fun way

DATE: Friday 05 September 2014
TIME: 07:30 for 08:00
VENUE: Thaba Eco Hotel, Impala Road, Klipriviersberg Nature Reserve, Johannesburg
COST: R50 pp payable at the entrance - includes finger snacks
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