

# The Engagement Series

## Promote. Motivate. Educate

Based on our experience delivering workplace wellbeing programs to medium and large businesses, we understand that it can be difficult to have staff commit to lengthy education sessions during office hours. A key design feature of our program is that staff can engage in all or some activities at their own pace and in their own time during the working day.

### KEY FEATURES

1. Promote workplace health with fun smoothie bikes
2. Motivate staff by hosting a 'taster session'
3. Educate staff with an interactive lunch n learn session

### ENGAGEMENT THROUGH

- Rolling sessions delivered on different days each week
- Quick, drop in sessions to reduce time commitment
- Extended time periods for flexibility
- Delicious free food
- Interaction and fun

### BENEFITS

- Productivity
- Happiness
- Wellbeing



Starting the day with breakfast, leaving your desk for a wholesome lunch and a fresh snack in the afternoon are all proven to increase productivity. Eating more colourful fruits and vegetables is even linked to increased happiness.



## THE ENGAGEMENT PROGRAM

2 x Smoothie Bikes  
4 x Taster Sessions  
4 x Lunch n Learn sessions  
(optional add on)



## SMOOTHIE BIKES

Drop in style pedal powered smoothie bikes

Participants choose from milk or water based smoothie

2 staff, 2 bikes, 2 hours

## TASTER SESSIONS

Participants make their own snack using quick and easy to follow recipes

2 hours of activity catering for up to 100 people

Drop in for 2-10 minutes

Choose from breakfast bar, hamburger/Mexican lunchtime bar, 3pm pick me up

Different nutrition theme each session

2 hours, dietitian included (get your questions answered!)

## LUNCH N LEARN

1 hour lunchtime cooking sessions  
Includes lunch for up to 25 participants

Different education theme each week, featuring mindful eating

Prizes for participants

1 hour, fully interactive, facilitated by dietitian

**COST \$5700 + GST | ADD ON LUNCH AND LEARN: + \$4250 + GST**

For more information contact [events@foost.com.au](mailto:events@foost.com.au) 1300 611 941