

Reconnect *to*
Recharge



Tim Jack Adams
Founder & CEO



Survive

Exhausted
Low Performance
Poor Decision Making
Disconnected Teams
Overwhelmed
High Presenteeism



Thrive

Inspiring Leadership
Better Productivity
Good Decision Making
Connected Teams
Improved Resilience
Presenteeism (Low)

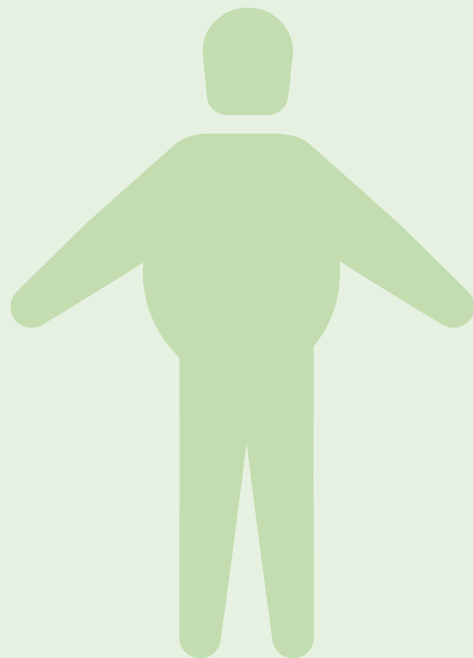


Return on Investment

Healthy workers
= Healthy organisations
= Healthy business performance.

\$10.11b

Stress costs Australian employers **\$10.11 billion** per year



62% of Australian workers are overweight

40% do minimal exercise

46% live on high fat diets

50% do not get enough sleep

53% felt stressed and overwhelmed most of the time

\$25.7b

Presenteeism (reduced productivity) costs **\$25.7 billion** annually

25%

Decrease sick leave absenteeism by **25.3%**



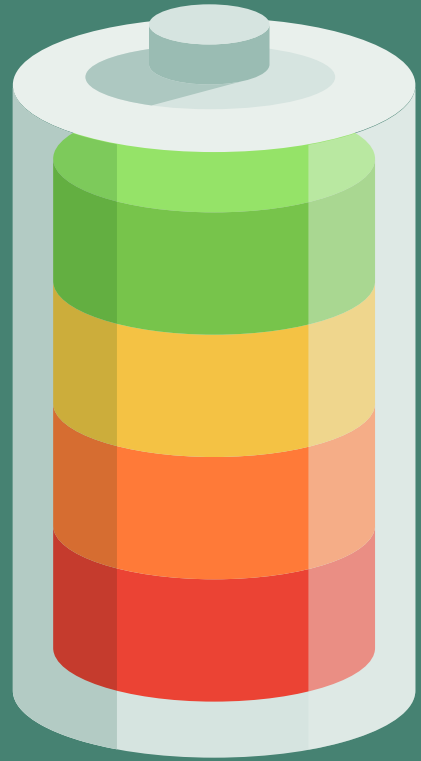
+500%

For every \$1 spent on a wellness program the company **saves \$5.81**

x3

Healthy employees are **3 times** more productive





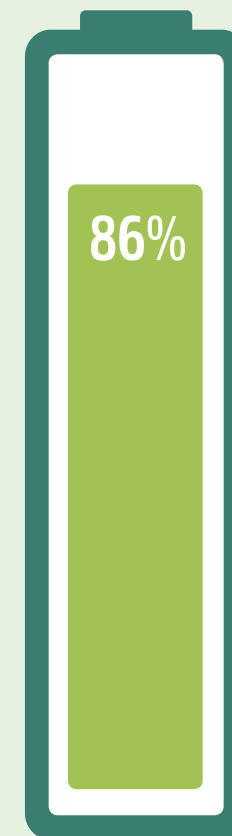
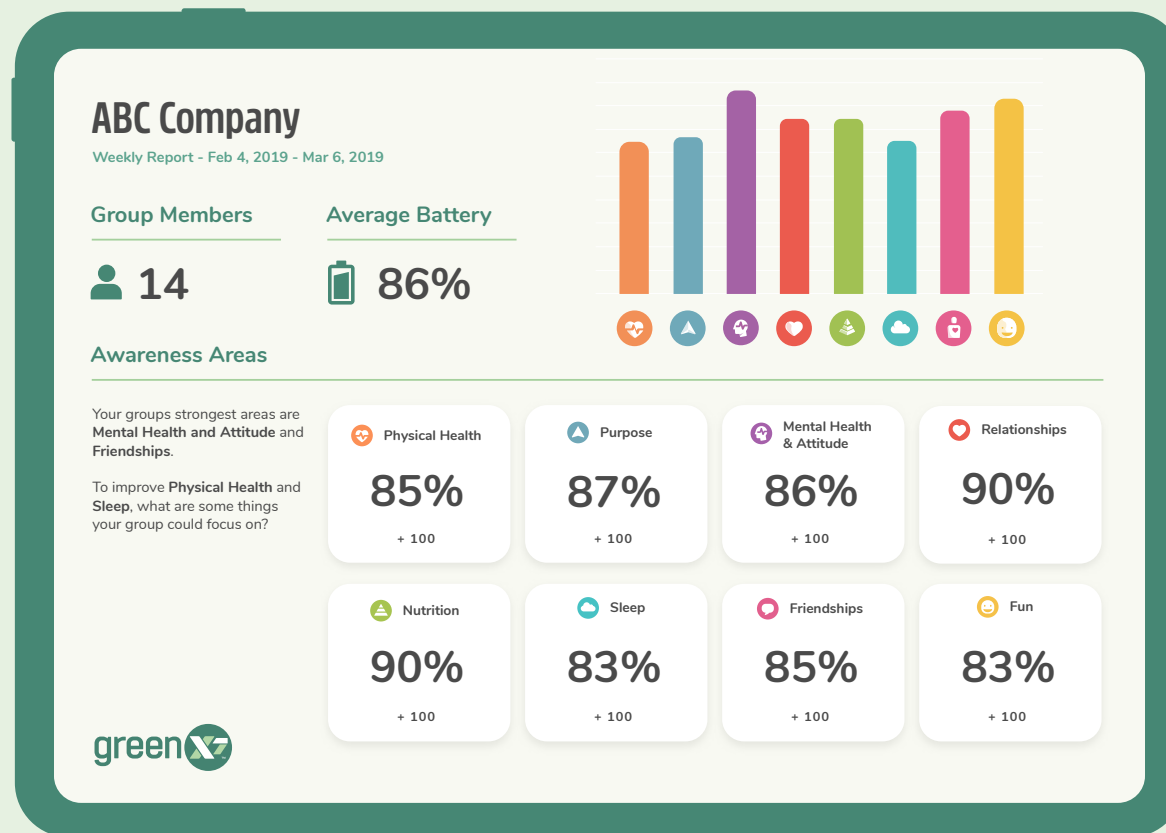
How's your
Battery?



Your people are your organisation

“The strength of the team is each individual member. The strength of each member is the team.”
~ Phil Jackson

Simple.
Sustainable.
Measureable.



Combined individual batteries

=

Company battery





How I became involved in wellness



X7 Tools



Do these



Grow these



Recharge you



What is Wellness Tourism?

Engaging in an activity
or experience that
improves your health
and wellbeing.

**Prevention before
Prescription**





You Team Organisation Customers





Happy to connect!

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