

Corporate Health Partnership

In-House Presentations, Workshops
and Programs for Your Workplace

HEALTH • FITNESS • NUTRITION



COACH SAMANTHA JACKSON

Internationally Accredited Health Coach, Keynote Speaker & Media Personality,
Personal Health Coach to Mr Mel Gibson

Samantha Jackson

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Section

01

INTRODUCING

Coach Samantha Jackson

Samantha Jackson is a powerhouse Health Coach, internationally accredited to practice and consult in fitness, strength, nutrition and DEXA body composition.

Having helped countless people improve their health and physique over the years, Sam takes a unique approach where restrictive dieting, shakes & supplements and excessive exercise are never an option.

Sam's focus is on educating people to achieve true health, enabling the individual to always feel their best. With this approach, Sam teaches people to eat enough food to fuel their energy levels & provide mental clarity for the day, balance the blood sugar to facilitate fat loss and create excellent mood & stress stability along with exercising in a way that feels good and fits with the individual's schedule ... all while being human and fitting in some 'fun food' here and there too! Sam's honest approach has seen her become well known as the 'No Nonsense Health Coach', as she regularly debunks the 'trendy BS' and fad diets that tend to flood the health, wellness and fitness industry.

Although Sam lives in a gorgeous country town in the Wheatbelt of Western Australia, her reach is far and wide. Sam regularly appears on Channel 7 Sunrise and The Morning Show, Channel 9 News, writes for the House of Wellness & Mamamia and is heard on multiple radio stations in WA, nationally and internationally every month.

Sam's clients also span the globe, where she works with men, women and corporates locally, nationally and internationally - with Sam also being the Personal Health Coach to Hollywood great Mel Gibson and his movie production company for over four years now.

Coach Sam in the media



Coach Sam in the media



A few of many transformations ...



And we still work together today ...



To watch all 40 seconds of our fun little video, click [HERE](#)

Having held CEO, COO and General & Executive Management positions during her expansive corporate career, Sam fully understands the needs and challenges of your business and the employees who work there every day.



The fact is ...

The health and wellbeing of your people is vital to the health and wellbeing of your company.

Section

02

EXPLORE

Corporate presentations & workshops

Coach Sam's Corporate presentations and workshops are like no other, in that there is no focus on weight loss, dieting or 'challenge' exercise.

The emphasis is always on education to bring about excellent employee health while fostering high and constant energy levels, reducing mental fatigue and improving mental clarity & stability - thereby benefiting both workers AND employers.

All of Coach Sam's Corporate Services are prepared in consultation with you so that they are specific to the unique needs of your workplace.

Although the range of topics covered are fairly universal, the actual messaging will always be tailored to the language, circumstances and relevant issues faced by your employees.

All Corporate Services on offer (including the Peak Physique Club & HealthKick) can be taken as one off standalone offerings, or bundled together to form a package suited to your business. You are welcome, of course to request a completely bespoke offering, exclusively tailor made to suit your budget and workplace.

Minimum numbers do apply in all services however there is no maximum limit for service, and travel to national and international locations is available in most cases.

Interactive Workshops & Keynotes

Corporate Health Presentations, Workshops and Keynotes are always fun and lighthearted with a serious message, and can include a wide range of relevant topics, for example :

- We talk about health, but what actually is it?
- It never needs to be an 'all or nothing' approach - consistency is everything
- How does exercise fit into a busy day?
- How what we eat can impact our mental health, energy and mental clarity
- Why arbitrary 'weight loss' should never be a focus for anyone
- The pitfalls of toxic belly fat, and what to do about it
- The importance of getting a grip on stress, and how to do it
- Myth-busting diets, why an 'eat less move more' approach doesn't work
- Using caffeine and energy drinks wisely
- Alcohol - the good, the bad and the ugly
- Getting your portions exactly right for you so you're never stuffed or starving
- Yes you can ditch the sugar cravings and the 3pm energy drain
- Eat real food and your body & mind will reward you
- Don't spend your life on a diet - you CAN eat the fun food too
- Getting your head around changing your habits ... it's got nothing to do with motivation!



When you're booking your in-house Workshop or Keynote, don't forget to book in a complimentary 15 minute energiser afterwards! Even though all of Coach Sam's presentations are energy filled and dynamic, it's always a good idea to get people up and moving in a safe & fun way afterwards!

Interactive Workshops & Keynotes

Workshops are able to be anywhere from a series of bite-size 30 minute sessions delivered over time, up to full day sessions. For optimum engagement, Workshops are best delivered in-person, however I do recognise that at times a live broadcast online delivery will be appropriate. In these cases, the Workshops are delivered by either Zoom or Webinar, with all participants receiving access to a copy of the recording.



Keynotes are available for up to two hours, with Q&A time welcomed as time permits.

Sam has delivered engaging keynotes to audiences ranging in size from 50 people at small workplace functions to gatherings of over 3,000 people at major national & international conferences.

As with Workshops, Keynotes are best delivered in person, however Sam has extensive experience in online delivery, as well being able to engage a mix of both online and in-house effectively.

SECTION 02

Fun Exercise 'Bootcamps'

Suitable for all levels of fitness and ability, Sam's one-hour Bootcamps are a fun way of bringing teams together to show that fitness can be enjoyable. Unless requested otherwise, Bootcamps are always low impact, moderate intensity bodyweight exercises that can be done on site with no equipment and alternatives & modifications are always provided to suit people with injuries and restrictions.

Bootcamps are a fantastic way of team building and bonding, comprising of a range of activities suitable for everyone. Yes, you'll huff-n-puff, but we'll have fun doing it!



Exercise Bootcamps can be a standalone product delivered as a one-off service, a weekly or monthly event, as an extra value-add to The Peak Physique Club or as part of a combination of services to your teams.

Exercise Bootcamps are best done in person and on site, however during the lockdowns of 2020 and 2021, many Exercise Bootcamps were successfully delivered via Zoom, with participants exercising in their own homes. If distance and travel is an issue, this is always an excellent option.

03

Group Health Programs

The focus of Coach Sam's Group Health Programs is always to empower your teams with practical education. Sam's hands-on approach in these programs ensures all participants are able to have their individual questions answered and receive feedback while being personally supported and encouraged on their journey to improve their health & energy.

Coach Sam offers both long term and short term Group Health Programs:

- [5-Day Intense Health Kick](#)
- [8-Week Peak Physique Club](#)

Each program has minimum numbers to proceed, however there is no set maximum for either.

Both programs are delivered as online modules containing downloadable workbooks and tools, along with both pre-recorded video and live broadcast webinars/Zoom/Microsoft Teams coaching sessions.

HealthKick and Peak Physique are able to be either standalone or offered in conjunction with other Coach Sam Corporate Services.

SECTION 03

I'll make it easy for you

Each participating employee receives a link to create their own unique HealthKick or Peak Physique Club account using their email address and a password determined by the employee, there's no requirement for any administration from your side!



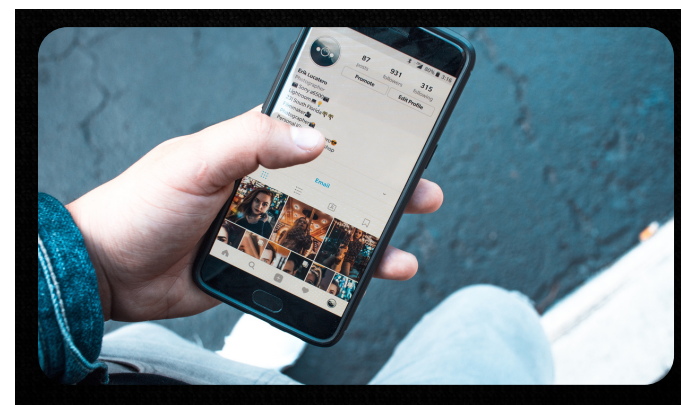
Everything is automated

Whether they're receiving daily videos & workbooks in HealthKick or weekly modules in The Peak Physique Club, everything is sent out automatically and directly by Coach Sam to the participants.



Live Webinars in your time

The Webinar or Zoom time each week is set by the Company, either during working hours or in the evening. Each live session will use the same link so the Members aren't scrambling for a new link every week, and every broadcast will be recorded and emailed out to everyone, whether they were able to attend or not.



Desktop or App – or both!

Members can access their content and the Private Chat Room either on their desktop computers or a dedicated app. They can even log in from home after hours if they wish to.

SECTION 03

Five Day Intense HealthKicks

Five Day HealthKicks are a fantastic way to bring quick energy and vibrant health to your teams through five days of bite-size educational modules. Five Day HealthKicks are delivered live and online, with all the resources being downloadable for participants to keep and refer back to.

HealthKick participants have a daily pre-recorded video and a corresponding concise workbook emailed directly to them early each morning, a daily homework activity to solidify understanding (and create a supportive & fun atmosphere between participants!) and a live Q&A 'Ask Coach Sam Anything' interactive Zoom in the afternoon. Participants are given real-time feedback on their homework, embedding their learning in a practical way and enabling them to take the education forward for life.

Daily topics covered are :

Day #1 : Getting your food right so you're neither stuffed or starving

Day #2 : How to exercise when you don't think you have time

Day #3 : Kick your cravings and the 3pm energy slump to the kerb!

Day #4 : Yes you can have some fun food and enjoy it guilt free (and still get results!)

Day #5 : Beat the self sabotage monster and keep your head in the game



Five Day Intense HealthKicks



The daily video lesson is between 10-15 minutes long and is delivered with a corresponding five-page information booklet, offering practical suggestions to solidify the day's topic.

Participants' homework activity is a 'fun but serious' challenge where they have the opportunity to demonstrate application of the day's learning in a simple and meaningful way - and receive feedback on their submission to help them learn & grow.

The daily video reiterates the day's lesson, allowing participants the opportunity to ask questions and have them answered directly in real time.

The Five Day Intense HealthKick builds excellent camaraderie within a workplace, encouraging people to share with and support each other while they all learn simple, practical ways of improving their health and energy.

The vast majority of participants in a Five Day HealthKick report losing between 2-5cm from their waist measurement, an increase in energy and focus, and a significant reduction or eradication of cravings.

The Peak Physique Club

OVERVIEW

The focus of the Peak Physique Club is to bring about excellent employee health while fostering high and constant energy levels, reducing mental fatigue and improving mental clarity & stability – thereby benefiting both workers AND employers.

The Peak Physique Club is an online module-based interactive learning tool, where each element and module is able to be downloaded by the individual.

As a Corporate Member of the Peak Physique Club, each participant receives:

- A Custom Journal, Measurement Tracker, a Self Contract, Daily Habits Planner, a Future Me Planner, Sleep Tracker, Measurement Guide and a Macro Tool, along with worksheets on how to safely select weights when exercising
- 8 x weekly workbooks containing in-depth practical information relating to the subject of the week, recipe of the week and FAQ's
- 8 x weekly videos to provide further coaching, practical and technical knowledge on the subject of the week along with encouragement and motivation from Sam
- 6 x downloadable exercise programs for Beginner, Intermediate and Advanced – all of which can be done at home with minimal equipment
- 6 x downloadable full instruction videos to be used in conjunction with the exercise programs
- A 'surprise' bonus event at Week 6 which can be done as a team building/bonding exercise
- A Graduation Pack at the end of Week 8 to celebrate your success, containing more recipes and handy hints to maintain your new habits for life

And the best part ...



YOU ALSO GET

Live Weekly Webinars!

Sam coaches on a bonus topic every week, PLUS answers questions directly from your employees - LIVE!!

As a Corporate Member, your Webinars are private and exclusive just to you at a time that suits you and your team members most.

AND...

Chat with Sam any time in your Company's private Peak Physique Club Chat Room, giving you direct access to Sam, along with the opportunity to encourage and motivate each other along the way!

Direct Chat with Sam!



WHAT'S INSIDE

The Peak Physique Club

The Peak Physique Club contains eight unique modules, all designed to fit together to educate, empower and encourage your employees to improve their overall health and wellbeing.

The modules are:

1. **Wake Up Week** – this is where we give your metabolism a bit of a shake up & wake up! It's time to lose the habits that don't serve you well.
2. **Let's Get Moving** – we kick in to action with a little exercise this week, nothing difficult I promise!
3. **Homeostasis Heroes** – here's where the science behind what we've been doing the last two weeks comes into play, without you even realising!
4. **Keep Your Head In The Game** – this module is all about avoiding the self-sabotage trap ... for good!
5. **Take It Up A Notch!** – it's time to give the exercise intensity a little nudge and dial it up a bit! Again, not difficult, I've got you every step of the way!
6. **Fun Food And 'Cheat Days'** – yes you can definitely eat fun food but no you cannot cheat yourself with it. Let me show you how.
7. **Time For A Review** – pause and reflect time now, take a look back at just how far you've come and how good you feel now!
8. **Keep It Going!** – this was never ever a diet program, it's an education for life so let's make sure we don't stop!

With two bonus modules –

1. **Week Six Bonus Event** – no, I'm not going to ruin the surprise! It's just a bit of fun, trust me!
2. **Your Graduation Pack** – loads of bonus content, recipes and a thought provoking activity for you to do to send you off with!

04

Workplace Health Facts & Stats

Of course you want a team of healthy, happy employees who are energetic and experiencing good mental health – there doesn't need to be any other motive behind creating a workplace of excellence.

However, the bottom line can't be ignored and this is what we will explore in this section.

What's in it for you, the employer.

How does ensuring your employees are truly healthy, from the most junior on the team right through to the executives, benefit you the employer?

What return on investment can you expect to receive? What's the point in becoming an employer of choice, and how does it impact my profit, employees and customers?

It's time to talk about the facts and statistics of it all.

Coach Sam's Program Feedback

The Peak Physique Club is a program designed specifically to improve the mental & physical health, vitality and energy levels of it's Members whilst reducing markers associated with the risk of chronic disease. The following 8-week results have been reported as a consolidated roll-up of data from our Corporate Partnerships to date:

- Of the Members who were not yet experiencing a healthy waist measurement, 19% were able to obtain an optimal waist measurement, with 100% of Members seeing improvements in this area
- 83% of Members with high blood pressure reported an improvement, with 6% reporting to be recording an optimal measurement
- 30% noted a significant improvement in managing their stress response, with 82% of Members reporting a general improvement in their stress levels and mood
- 91% of Members described themselves as 'no longer sedentary'
- 79% of Members experienced improved concentration
- 100% of Members noted an increased awareness and responsibility for their own health and wellbeing both inside and outside of work
- 96% of Members reported that they developed improved eating habits
- 87% of Members experienced improved mental health and mood stability
- 79% of Members reported experiencing improved staff relationships and morale
- 62% of Members experienced increased job satisfaction
- 46% of participating Members noted that they felt more motivated in all areas

Five Day HealthKick

Members reported a rapid improvement in their general energy levels

Eradicating the '3pm slump' is an aspect we focus on largely in the Five Day HealthKick, ensuring Members are lively and energetic from the moment they wake up to when they go to bed at night.

Since its launch in January 2022, the Five Day HealthKick has produced an extraordinary number of success stories, both in the private market and as a Corporate Health & Wellness program.

Whilst the enduring focus of The Five Day HealthKick is educating Members on how to improve their health, energy and wellbeing, the reduction of their waist circumference and fat loss are also welcome side-effects

Members reported greater mental clarity, positive mindset and improved resilience

Balancing a person's blood sugar hormones is easy - we teach people to do it without them even realising. Their frontal cortex does realise, however and this makes for improved clarity, mood, coping skills, and stress management.

Members reported that they planned to continue with their new healthier habits

The Five Day HealthKick is not a diet, not a 'challenge' and doesn't leave anyone feeling depleted. It's an education on how to be physically and mentally healthy - once people start feeling great they don't want to stop!

Some of these might surprise you...

ACCORDING TO WORKSAFE AUSTRALIA, COMCARE GOVERNMENT AGENCY AND THE OCCUPATIONAL HEALTH & SAFETY ADMINISTRATION USA (OHSA)

- High staff turnover, low management support and low job satisfaction are associated with increased rates of workplace injury
- Workers with medium to high health risks are 3 times more likely to file workers compensation claims
- Workers with two or more chronic diseases have 2.5 times longer sickness absences than healthy workers
- 2.5 million work days are missed annually because of personal alcohol use
- On average, 6.5 working days of productivity are lost annually per employee as a result of presenteeism
- Employees who consider their workplace mentally unhealthy take four times as many sick days than those who consider their workplace mentally healthy
- In 2014 the annual cost of absenteeism to the Australian economy was \$44 billion, and the estimated cost of presenteeism was \$35 billion
- High job demands increase the risk of safety shortcuts and fatigue, which can lead to workplace accidents and injury
- Long working hours and shift work has been shown to lead to a variety of health effects such as reduction in quality/quantity of sleep, fatigue, anxiety, depression, increased risk of heart disease and gastrointestinal disorders along with increased safety risks from reduced alertness affecting safe operation of plant, machinery and equipment
- The healthiest employees are 3 times more productive than their unhealthy colleagues
- The most common workplace productivity losses are due to headaches, neck/back pain fatigue/burnout, with chronic (but largely preventable) conditions such as arthritis, cardiovascular disease, cancer and type 2 diabetes following closely behind
- In Australia in 2008-2009, the direct and indirect financial cost of obesity alone (not considering those who are 'mildly overweight') was estimated at \$37.7 billion, with \$6.4 billion being attributed to reduced workplace productivity



It is becoming increasingly apparent that one of the major areas where health and wellbeing programs can be beneficial for the employer is in improving retention rates.

According to the Equal Opportunity for Women in the Workplace Agency it costs at least twice the annual salary to replace a worker at any level. Given the costs associated with high staff turnover, the loss of intellectual property and the induction costs and time associated with replacing staff, it is not surprising that employers are looking to health and wellbeing to not only attract staff, but to keep them for as long as possible.



The World Economic Forum comments on the relationship between wellness and retention of talent, finding that *'an organisation is four times more likely to lose talent in the next 12 months if its employees take an unfavourable view of the company's promotion of health and wellbeing in the workplace. Of those who have a favourable view of workplace health promotion, 64% of employees plan to stay with the organisation for at least five years.'*



Health Program Benefits

TO YOUR COMPANY

Health programs have often been viewed as a nice extra, not a strategic imperative. Newer evidence, however, tells a different story. The requirement to save time, direct & indirect costs and resources whilst still improving productivity & engagement is rising along with an ageing and increasingly unhealthy workforce.

It's a fact, healthy employees cost you less. Workplace health & wellness programs have been reported to have reduced lost work days due to sickness by 80% and modified-duty days by 64%, with workers compensation insurance premiums reducing by 50%.

What's more, healthy employees stay with your company. A study by Towers Watson and the National Business Group on Health shows that organisations with highly effective wellness programs report significantly lower voluntary attrition than those with no or ineffective programs (9% v's 15%).

Illness related absenteeism is an obvious factor in productivity, however less obvious but probably more significant is presenteeism - when people come to work but underperform because of illness or stress. A 2009 US study showed that lost productivity costs are 2.3 times higher than the cost of implementing an effective workplace health & wellness program.

In saying this, wellness isn't just about fitness. Depression and stress in particular have proven to be major sources of lost productivity and increased cost. For example in the US, on average every dollar spent in effective health programs returned a yield of \$2.41 in direct cost savings.

Health Program Benefits

TO YOUR COMPANY

Most analyses of workplace wellness programs focus on hard-dollar returns – money invested v's money saved.

Often overlooked, however, is the potential to strengthen an organisation's culture and build employee pride, trust and commitment.

The inherent nature of workplace health and wellness – a partnership between employee and employer – requires trust. Because health is such a personal and intimate issue, investment in such can, when executed properly, create deep and long lasting bonds.

Passes to fitness clubs, nutrition flyers in the lunch room and 10,000 per day steps challenges are simply not enough any more.

Benefits Timeline

Level	4 Weeks	End of Program	6 Months	12 Months
Employees	Improved awareness & ownership of health habits & behaviours	Improved team cohesiveness	Improved health resulting in increased alertness and fewer injuries	
	Reduced absenteeism and presenteeism			
Management	Improved productivity, energy and concentration	Increased job satisfaction leading to improved team engagement	Reduction of stress, improved resilience and mental health	
	Reduced absenteeism and presenteeism			
Company	Engaged & positive workforce development	Improved corporate image & social responsibility, becoming an employer of choice	Improved staff retention	Reduced injuries and workers compensation costs

To enquire about implementing any of Coach Sam's Corporate Health Services into your workplace, or to make an enquiry on 1:1 Executive Health Coaching please contact me directly

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Become a healthier, more productive workplace today