

BESPOKE SESSIONS

## The Health Hub

Your free health and wellbeing provider, brought to you by CBHS Health Fund and Thrive.

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more



# Workshops and webinars

Choose from a variety of live or virtual wellbeing sessions designed to be fun, informative and interactive.

Themes include:

- Brain breaks
- General wellbeing
- Leadership
- Movement
- Nutrition
- Stress management
- Team cohesion



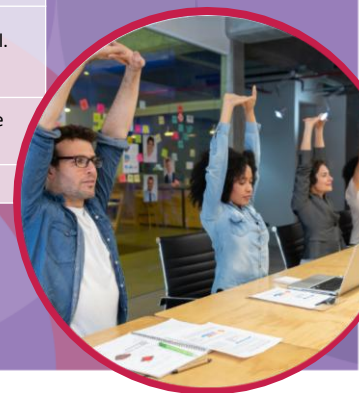
## Interactive sessions | *Team builders*

Minimum 20 people for bespoke sessions.  
Combine teams to make a larger group.

For questions or bookings, contact  
[julia.thorpe@cbhs.com.au](mailto:julia.thorpe@cbhs.com.au)

SESSION	WHAT TO EXPECT
<b>Brain games</b> up to 30 min	Test your knowledge and problem-solving skills with mentimeter, an anonymous platform with live polls, quizzes and instant results. Whether you're looking to sharpen your focus, or give a competitive team a challenge, this session is a great way to exercise your brain.
<b>Brain builder</b> 15 min, 30 min	Do you know your brain has a performance rhythm? Learn about the science of brain power and neuroplasticity to optimise your mind and focus. Through interactive activities, we'll show you how you can boost cognitive functions to keep your mind in top shape.
<b>Stress release</b> 30 min	Get a better understanding of how stress is impacting your body and mind. Create your own stress-release toolkit and learn practical strategies to increase focus, boost productivity and bring a sense of calm to your day.
<b>Health trivia</b> up to 30 min	Test your wellness IQ! How much do you really know about your health? Challenge yourself and your team with interesting facts, myths and tips about wellness, nutrition and fitness.
<b>Laughing therapy</b> 15 min	Did you know that a fake laugh has the same impact as a genuine one? This session is a simple and joyful way to tap into healing laughter, leaving you feeling lighter and more energised. Laughter really is the best medicine!
<b>Speed drawing or Mindful canvas*</b> 15 min, 30 min	Relax, create and have fun! No experience necessary – just bring your imagination, a piece of paper and a pencil. Discover how quick sketches can help you unwind, lift your mood and boost your problem-solving capacity.
<b>Soundscapes of bliss</b> 15 min, 30 min	Explore the science of sound and how it can profoundly affect your mind and body. In this session, you'll sample frequencies to discover how sound can help shape your experiences and transport you to a state of bliss.

*\* Bring a pen, pencil, or colouring pencils and paper.*



# Movement sessions | *Up and out of your seat*

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SESSION	WHAT TO EXPECT
<b>Alleviate your aches</b> 15 min	Tired of nagging aches and pains in your shoulders and wrists? Learn practical movements that relieve tension, improve mobility and make your body feel better.
<b>Breathwork*</b> 10 min	Reset your mind and body in just 10 minutes. Learn how you can maximise your breath to reduce stress, increase focus and feel refreshed. Perfect to break up your day and invite an overall sense of calm.
<b>Energy tapping</b> 10 min	Enjoy the rejuvenating power of energy tapping. Inspired by qigong, tapping is an ancient wellness practice that energises your body and mind. Tapping different points on your body can enhance circulation, reduce stress and promote your overall wellbeing.
<b>Moves to boost your mood</b> 15 min	Discover how simple yet effective movements can lift your spirits and improve your mental wellbeing. This quick, practical session will provide you with easy tools to feel better, both physically and emotionally.
<b>Mindful balance</b> 10 min	Find inner stillness and harmony with this calming session. Through gentle movements and mindful awareness, you'll improve your stability, enhance your focus and test your balance. This session is ideal for reducing stress and bringing a sense of calm to your day.
<b>Tennis ball massage</b> 15 min	Relieve everyday aches and boost mobility with these simple self-massage techniques. Learn how to use tennis ball to target tight spots, improve circulation and enhance relaxation. You can also use a foam roller, resistance bands, yoga block, or another type of ball.
<b>Office stretch break</b> 15 min	Desk stretches are your secret weapon against office fatigue. In just a few minutes these simple exercises can revive your energy, release tension and boost productivity.
<b>Posture basics</b> 15 min	Stand tall, shoulders back, chin in. This session is designed to improve body alignment, reduce physical discomfort and enhance overall body awareness. Perfect for anyone wanting to move with ease and confidence.

*\*Due to the variations in breathing techniques, this session is not recommended for pregnant women, those who are unwell, or who have had abdominal surgery within the last 6 weeks, or who have epilepsy or COPD.*



# Nutrition sessions | *Keys to the kitchen*

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SESSION	WHAT TO EXPECT
<b>Curb your cravings</b> 15 min	Learn the science behind cravings. Discover what your body might be trying to tell you when it wants certain foods, and how you can gain control over those cravings. In this session, we'll introduce you to the concept of 'exercise snacking', to help you feel satisfied and energised during your workday.
<b>Calorie dense vs nutrient rich</b> 30 min	Discover which foods pack a powerful punch with high nutritional value, versus those high in empty calories. Learn to choose nutrient-dense, calorie-efficient options that are rich in vitamins and minerals, to help fuel your energy for a more productive day.
<b>Mood foods*</b> 15 min, 30 min	Balance your mood and boost energy levels by understanding the power of different foods. Discover the top mood-boosting foods and how to snack better with our 'mood-boosting trio' and feel your best throughout the day.
<b>Mindful eating</b> 30 min	Improve your relationship with food by breaking free of unhelpful eating habits. Discover how mindful eating can help you tune into your body's true hunger cues, which will also help you to cultivate healthier habits and enjoy food that better supports your wellbeing.
<b>This or that: sugar or snack edition</b> 15 min each	Do you get overwhelmed by all the choices at the supermarket? Find it hard to recognise what's healthy? We'll review common products and explore nutritious alternatives. Whether shopping in the aisles or online, you'll be equipped to make more mindful choices – without the stress!

*\*This can be combined with Moves to boost your mood to make a 30-min session*



## Wellbeing sessions | *Mind, body and soul*

Minimum 20 people for bespoke sessions.  
Combine teams to make a larger group.

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SESSION	WHAT TO EXPECT
<b>Boost your energy</b> 15 min, 30 min	Do you know your energy zappers? Uncover the sneaky habits draining your energy and learn three simple techniques you can start today to feel more energised, focused and ready for anything!
<b>Body positivity</b> 30 min	Tired of endlessly counting calories? Explore what body positivity means to you and uncover common mistakes that may be holding you back. Learn how social media influences your perceptions and discover practical ways to embrace a healthier, more positive relationship with your body – inside and out.
<b>Create new habits</b> 15 min	This short and impactful webinar is designed to shift your mindset to discover the ‘golden rules’ of creating new habits for a more successful life.
<b>Flow state</b> 15 min, 30 min	Learn the science behind ‘flow’ and how practices like breathwork and mindfulness can help you enter a flow state more easily. Gain practical tools to enhance your focus, regulate your emotions and achieve your goals with greater ease.
<b>Positive reframing</b> 15 min	Join us for an inspiring webinar on positive reframing, featuring the powerful story of Emma Carey, who survived a 14,000-foot skydiving accident. Learn how to turn challenges into opportunities with tips to shift your perspective and practical strategies.
<b>Scrub your socials 2.0</b> 15 min, 30 min	The digital age is meant to improve our quality of life, but often it keeps us distracted and lowers our mood and self-esteem. Take back control and harness a more positive, intentional digital presence.
<b>The power trio: stress less, eat well, sleep better</b> 30 min	Let’s dive into the effects of macro and micro stress on our minds and bodies. By taking restorative breaks and fuelling your body throughout the day, you can better sustain your energy and calm a busy mind. Discover if your daily habits are sabotaging your rest and how to optimise your nightly routine for better sleep.



# Leadership sessions | *Walking the talk*

Enhance your leadership abilities to foster a supportive, engaged and high-performing team.

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SESSION	WHAT TO EXPECT
<b>Be your own life coach</b> 30 min	Self-care not only includes physical activity and good nutrition but also taking time to reflect on personal values and goals. Learn practical strategies to help align your personal and professional values, manage stress and prioritise your wellbeing, so you can lead with energy, focus and resilience.
<b>Dynamic leaders, cohesive teams</b> 30 min	Uncover how stress, both personal and professional, shapes team behaviours. Learn how to build a culture of trust and resilience, where teams feel safe, connected and able to thrive in the face of challenges.



# 10-minute reset | *Brain breaks*

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SESSION	WHAT TO EXPECT
<b>Stress reset</b>	Learn three simple techniques to calm your nerves, clear your head and reset your energy levels. Perfect for a mid-morning or afternoon pick-me-up!
<b>Mood moves</b>	Feeling low? Shake it off with five energising moves! In just a few minutes, you'll boost your mood, clear your mind and get your body moving with simple exercises you can do anywhere – even in a townhall.
<b>Energy recharge</b>	Recharge your energy with these easy rituals that you can implement straight away. Learn easy ways to stay hydrated, fuel your body and take effective breaks.
<b>Brain boost</b>	Boost your brain power with balancing moves that engage both the body and the mind. These simple and quick exercises help you to stay grounded, reduce stress and keep your mind sharp – perfect for enhancing productivity.
<b>Sleep smart</b>	Think you know everything about sleep? Learn practical tips to improve your rest while you impress your teammates with your newfound sleep knowledge!



# Event enhancers

Enhance your live events by adding some fun activities!

- *Grip it to win it*
- *Reflex challenge*
- *Spin the wheel*
- *Sensory journey*
- *The sugar reveal*



\*Availability dependent on team size. Not available in all states.

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## Fun lab | *Live event enhancers*

*Pick any of these activities to enhance your in-person event.  
Suitable for small to medium teams.*

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SESSION	WHAT TO EXPECT
<b>Grip it to win it</b>	How strong is your grip? Test your hand strength with our quick and fun grip strength challenge. Discover what your grip says about your overall fitness.
<b>Reflex challenge</b>	Ready, set, react! Test your speed, agility and focus with BlazePods. This is a fun, fast-paced challenge that'll keep you on your toes. Participants must tap each pod to light it up. Your swift reflexes are the key. Are you quick enough to conquer the challenge?
<b>Spin the wheel</b>	Ready for some fun and a chance to win a prize? Give the wheel a spin and see where it lands! From answering trivia questions to performing an exercise move, these fun challenges will have you laughing and on your toes.
<b>Sensory journey</b>	Embark on a sensory adventure with our tea and essential oils experience. Scent can evoke memories and transport you to another place and time. Let our carefully selected blends whisk you away and uplift your mood. Dare to let your nose guide you on this powerful sensory journey?
<b>The sugar reveal</b>	Think you know how much sugar is hiding in your foods? Think again! Join us for a fun and eye-opening activity as you guess the sugar content in everyday items. This interactive session will help you make more informed choices – one label at a time!

*\*Availability dependent on team size and location.*



# Wellness testing

Choose from a range of mobile health checks and bring wellbeing to your meeting, town hall or offsite!

- Individual consultation
- Body composition assessment
- Heart age checks
- Test your lungs
- Metabolic testing
- Bone density
- Functional movement screen (FMS)



\*Availability dependent on team size. Not available in all states.

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# Wellness testing | Hub2U

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SESSION	WHAT TO EXPECT
<b>Individual consultations</b> 20 min per person	Need to make some tweaks to your healthy lifestyle, prevent injuries or improve your workouts? Book in for a complimentary consult and receive personalised advice and support.
<b>Body composition assessment (InBody)</b> 15 min per person	The <i>InBody</i> machine provides a non-invasive window into your physical health. In just a few minutes, you will receive accurate data on all your physical metrics including bone density, muscle mass and fat mass. Please download the app in advance.
<b>Heart age checks (Mini SiSU)</b> 10 min per person	Every 30 minutes, one Australian loses their life to heart disease. Find out your heart age with the SiSU machine.
<b>Test your lungs (Spirometer)</b> 20 min per person	Take control of your respiratory health with our lung function assessment. This spirometry test provides valuable insights into your lung function, empowering you to breathe easier and live better.
<b>Metabolic testing (eCal)</b> 20 min per person	Is your metabolism slow, or do you feel that no matter what you eat you can't burn fat? An <i>eCal</i> metabolism assessment uses indirect calorimetry to determine your metabolic rate and improve it.
<b>Bone density (Mini omni)</b> 15 min per person	Ensure your bones stay strong and healthy by getting a bone density assessment. Early detection of bone density can help prevent fractures and osteoporosis.
<b>Functional movement screen (FMS)</b> 15 min per person	Gain deeper insight into your physiology with functional movement screening, designed to identify asymmetries so you can move better and reduce injury risk.

*\*Availability dependent on team size and location.*



# Create your own expo

Our wellness consultants can come to you! Choose from a variety of our offerings to tailor an event especially for your team.

In-person\* and virtual options available.



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# Meditation and fitness classes

*Keen for a mind or movement break?*

*Choose from a variety of options:*

*Various meditation styles (10 min)*

*Breathing activities (10 min)*

*Exercise classes (up to 30 min)*

- *Stretch/yoga*
- *Pilates*
- *HIIT and cardio*
- *Strength*

*Other requests welcome!*



# Let's talk!

*julia.thorpe@cbhs.com.au*  
*kassandra.kaleda@cbhs.com.au*

*Find out  
more*

