

Healthy Business Programs

| Corporate training with an edge |



Phone (02) 9454 0222
www.dsr.nsw.gov.au



| Sydney Academy |



The Sydney Academy of Sport and Recreation offers affordable and flexible training programs to assist your staff and organisation keep up with the demands of a contemporary corporate environment.

Located on the scenic foreshores of Lake Narrabeen, the centre is just 30 minutes away from Sydney's CBD and minutes away from Sydney's northern beaches.

Our qualified experienced staff will help you to combine the academy's team building and healthy business activities to create a dynamic and enduring program.

Team building activities include:

- Leadership initiatives
- Canoeing
- Strategic thinking exercises
- Team challenges
- Raft building
- High ropes challenges
- Climbing wall

Wellness program includes:

- General health and fitness assessment
- Practical fitness sessions and benefits of exercise
- Time management
- Nutrition
- Back care basics

For a full list of all activities visit our website at www.dsr.nsw.gov.au/sydneyacademy





Outcomes achieved through the program can benefit employees in a variety of ways. These may include:

- Building a team culture in which people feel valued
- Strategies to better cope with barriers in the workplace
- Trusting oneself and others
- Providing an enjoyable, productive environment to reward staff
- Offering solutions for lifestyle change which benefit both individual and organisation
- Assisting organisations to create healthier and more cohesive workplaces
- Acting as a catalyst for improving personal health and fitness
- Enhancing the ability of an organisation to be an 'employer of choice'
- Promoting self-esteem

Packages start from \$92 per person and can include a combination of program activities.

The Sydney Academy of Sport and Recreation also provides a range of quality corporate conference facilities for groups that include:

- Motel style accommodation that is comfortable and affordable
- Meal packages from a simple morning tea to gourmet dining
- Multimedia equipment, TV/video, lecture and microphone, whiteboards and other conference basics

University-qualified and skilled in delivering results-based activities, Sydney Academy of Sport and Recreation staff have extensive experience with corporate clients and will interact with your group throughout your program.

Speak to a member of staff about your requirements and we'll provide you with a quote.

"We were ecstatic with our team building day results. The Academy was sensational in integrating our themes and outcomes into the activities. Not only did they provide us with activities that personally challenged everyone within the group, they helped with teamwork, communication, adaptability and situational versus positional leadership messages".

Michael Writer,
Manager Learning and Development
Product Manufacturing,
AMP Banking

"Great all-round program that covers many wellness issues for a corporate world."

John DeFlumeri
Owner, La Barista

For more information

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