

Technobrief

Champion of Wellness Program



SIYANINAKEKELA

The Champion of Wellness program ensures peer-educators & fellow colleagues are empowered and knowledgeable in their role in focusing on Health & Wellness.

A Champion of Wellness educator has a holistic approach to ALL health and wellness issues and concerns and aims to help and improve the well-being of all employees.

Why was the Champion of Wellness program formed?

Health is a very important factor to everyone and most times people tend to forget about this and how much toll it can take on their lives; especially if you do not take care of yourself. This program was formed to assist employees in the workplace to identify any problems and/or situations and seek professional assistance; be it work-related or personal. In doing so, the educator maintains strict confidentiality at all times.

HIV/AIDS is one of the main parts of the Wellness Program and is there to educate, train and assist all employees in how to protect themselves from the spread of HIV/AIDS.

Vision

"We will create and maintain a culture of Wellness".

Mission

"We will Champion the course of Wellness by educating, coaching and supporting our fellow employee and by doing so, empower them for life".

Main Objective

- To focus on a holistic wellness approach. This requires a paradigm shift from the negative association (due to stigmatisation and discrimination) that HIV/AIDS presupposes, to focusing on wellness holistically.
- Promote VCT.
- Improve overall employee wellness.

"SIYANINAKEKELA" – "WE SHOW WE CARE"





A business of



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