

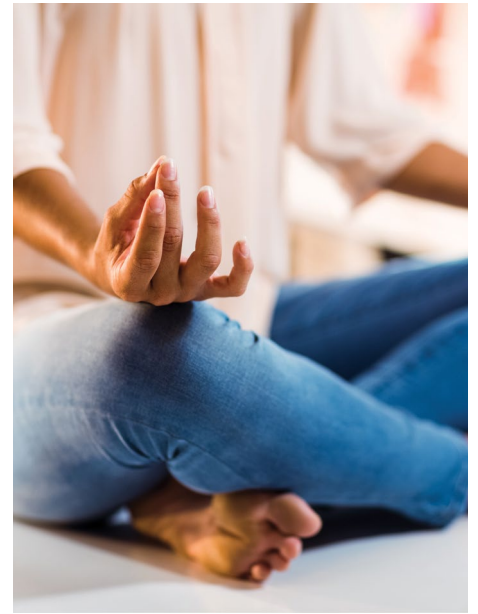
Hogan
health
consulting



Mindfulness In the Workplace

livewell workhealthy restorebalance

Mindful companies **know** their direction,
keep their best people, **grow** in innovation
and **find** their potential.



Safe working solutions

Workplace assessment & training
Peak production performance

- Proactive hazard identification
- Documented risk assessment
- Effective risk control implementation
- Innovative OHS solutions
- Tailored training for risk reduction

Healthy work environments

Occupational physiotherapy
Prevention, recovery & rehabilitation

- Injury prevention strategies
- Consultative team approach
- Return to work programs
- Healthy lifestyle recommendations
- Ergonomic equipment prescription

Mindful well-being

Work health seminars
Empowered & engaged employees

- Attention-focus training
- Positive mind-set
- Emotional resilience
- Stress relief management
- Supportive thriving culture

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