

Research:
Where is your organisation
now?
What do you need?

Plan:
Define health & wellness.
Create a plan.

Engage:
Who is your champion?
How will you communicate?
How will you engage?

Implement:
What?
When?
How?
How often?

Review:
Goals & outcomes?
How will you measure?
When will you measure?

**Your Health &
Wellness Plan**