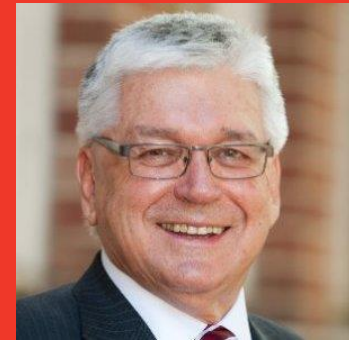


The Potent Prescription



Presented by
Dr Paul Pers
Occupational Health

Health Optimisation and Return to Work



The Potent Prescription




Is results and value based:

- +** Physical (biomedical)
- +** Emotional
- +** Social

HIGH VALUE CARE IS LESS COSTLY AND MORE TIME EFFICIENT



How does it work?



Take a prudent health and wellbeing approach at the workplace

Multiple life predicaments afflict us all



Build a strategy to optimise employee health



Take a broad-based approach to physical, emotional and social needs by tuning in to what is important to them.

The research says “take a strength and conditioning” approach to:

- + Pain and lack of physical fitness
- + Emotional, distress, avoidance, and relationship issues
- + Expanding social networks

Small
changes
=
Big
impact



“

I never learn anything by talking.

I only learn things when I ask questions.

— Lou Holtz —

**PRAISE AND
ACKNOWLEDGE**



CLIENT: It's not always easy to stay focused on recovery and yet you've continued to make it your number 1 priority ...

PARTNER: It's good to have you involved. You are Dwayne's support network and give him the encouragement he needs.

Outcome



MAY 2018

Admitted to psychiatric hospital



JULY 2018

Returned to work part time

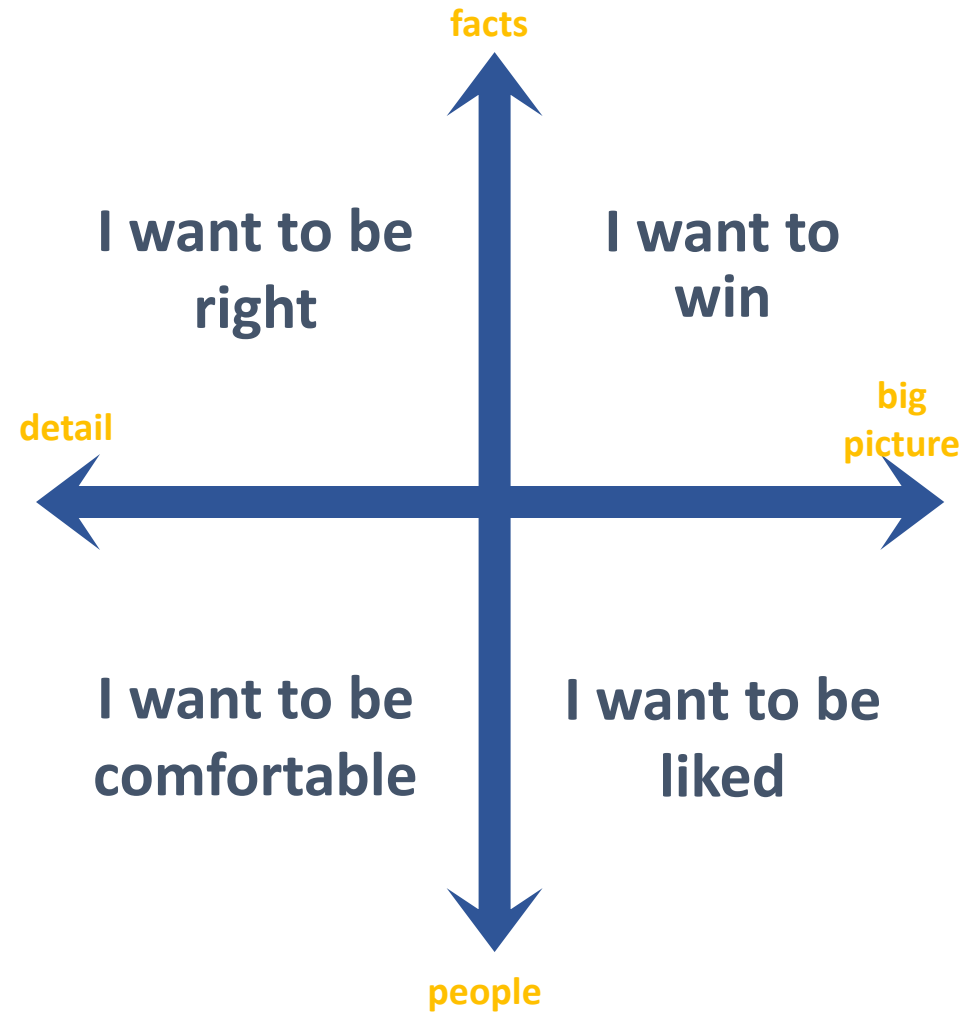


OCTOBER 2018

RTW full time

Thanked case manager who had rejected his claim

Know the
person you
are talking
to...



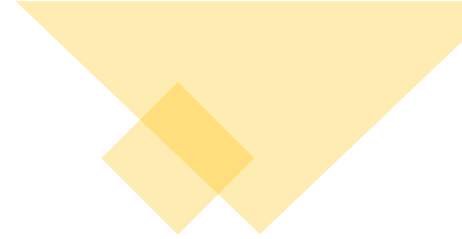
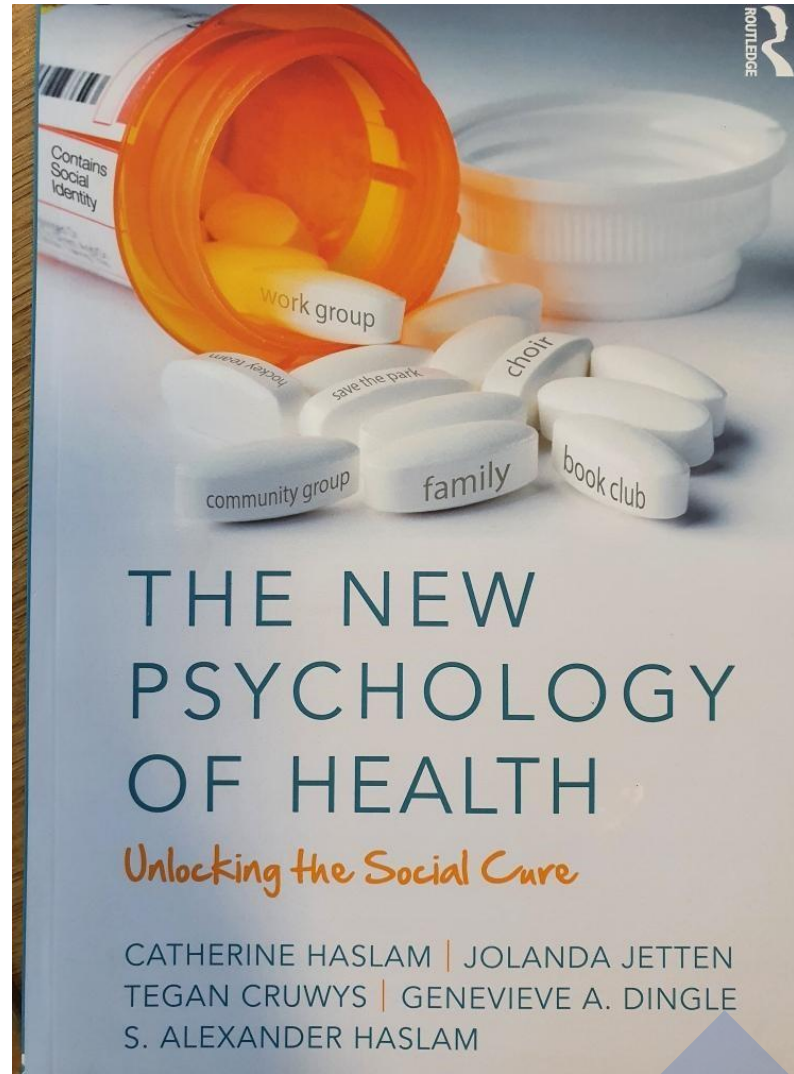


community group

family

book club

THE NEW
PSYCHOLOGY
OF HEALTH



It is your Choice....



<https://vimeo.com/313908992/fec122b2c6>

Shine a light on what makes them tick

- + Congratulations on where you are at. What's helping you?
- + The question is: Are you making decisions for yourself, or are you letting others make them for you?
- + How can we include your strengths as a (... fitter and turner, carer, nurse) in this?
- + How can you turn this around?
- + How confident are you that you can begin making positive progress soon?
- + How do you quieten the negative self-talk?
- + What would you do if you had more energy?

Transfusing the secret sauce



Let's transfuse our clients with more:

+ CONFIDENCE

+ CERTAINTY



Thank you
Any questions?

