



Life! at Consortium Private Wealth, Horsham



The Life! program is supported by the Victorian Government

“ We want to let our staff know that we care for them and we want them to be happy and healthy. ”



“ Staff now have more conversations about their personal goals beyond the Life! program and encourage each other to stay consistent. ”

Type 2 diabetes is the fastest growing chronic condition in our state.

Type 2 diabetes impacts individuals, families and communities. With more than 330,000 Victorians living with type 2 diabetes and another 500,000 estimated to be at risk in the next five years, interventions like the *Life!* program are more important than ever before.

Developing a healthy workforce in regional Victoria

Evidence shows that a healthy workforce results in numerous benefits, including high employee morale, increased productivity and reduced turnover. For the past 15 years, the *Life!* program has worked with regional communities and workplaces to improve health outcomes.

Improving staff health at Consortium Private Wealth in Horsham

When Consortium Private Wealth in Horsham expanded in size, they soon recognised the importance of prioritising employee health and wellbeing. One of the business partners, Olivia, had learnt about the *Life!* program through her local gym and could see the benefit of having the program delivered within her workplace. With the support of management, in 2023, Olivia worked with *Life!* facilitator Lisa Cosson to roll out the first *Life!* group course at Consortium Private Wealth.

Program rollout

1. Healthy Living Workshop

A free workshop was delivered onsite at Consortium Private Wealth to educate employees about type 2 diabetes, heart disease and stroke and determine each employee eligibility for the *Life!* program. Eligible employees were offered a place in the *Life!* group course delivered onsite and in person, during work hours.

2. *Life!* program delivery

Life! understands that it can be difficult for workplaces to commit large amounts of time to attend the program. This is why alternative delivery options are available to workplaces. These include shorter, more regular sessions that can be held during breaks, before or after shifts.

At Consortium Private Wealth, the program delivery options were discussed and it was determined that the shorter more frequent sessions was the best fit, enabling staff to attend during their lunch breaks, and still have a break.

Program options for workplaces

Option 1 – Standard delivery

Each participant will receive a one-on-one, 60-minute, Introduction Session with the *Life!* facilitator, before starting the group course.

month 1				month 2				month 3-5	month 6				month 7-11	month 12
week 1	week 2	week 3	week 4	week 5	week 6	week 7	week 8		week 21	week 22	week 23	week 24		week 52
session														
1 – 1.5 hr		2 – 1.5 hr		3 – 1.5 hr		4 – 1.5 hr					5 – 1.5 hr			6 – 1.5 hr

Option 2 – Alternative delivery

Each participant will receive a one-on-one, 60-minute, Introduction Session with the *Life!* facilitator, before starting the group course.

month 1				month 2				month 3-5	month 6				month 7-11	month 12
week 1	week 2	week 3	week 4	week 5	week 6	week 7	week 8		week 21	week 22	week 23	week 24		week 52
session														
1A – 45 min	1B – 45 min	2A – 45 min	2B – 45 min	3A – 45 min	3B – 45 min	4A – 45 min	4B – 45 min				5A – 45 min	5B – 45 min		6 – 45 min

Other delivery options may be possible, please contact the *Life!* program to discuss.

“ We would definitely recommend this program to other workplaces. As a small business we are grateful that a service like this exists. ”

– Olivia, Consortium Private Wealth.

Life! program participant results



High Employee Participation

- 60% of employees (10) participated in the *Life!* program.



Healthier Weight and Waist

- There was a reduction in weight and waist measurements amongst participants leading to a reduced risk of type 2 diabetes, heart disease and stroke.



Healthier Eating

- Employees improved their diet by increasing fibre and reducing fat intake



Physical Activity Increased

- Average physical activity levels increased by 23.7 minutes
- 89% (8 out of 9) participants achieved the goal of doing 30 minutes of physical activity per day



Program Satisfaction

- 100% of participants were highly engaged and satisfied with the program



Workplace culture

- Reintroducing free fruit for staff
- Encouraging walks during staff breaks and having screen-free time.

*These results are based off 9 employees who completed the program up to session 5.

The *Life!* program is free for eligible participants, funded by the Victorian Government and managed by Diabetes Victoria. With a state-wide workforce, the *Life!* program can be delivered in any Victorian workplace and tailored to your organisation's needs.

Are you interested in helping your employees get their health on track?

Learn more about the *Life!* program today and how we can tailor *Life!* for your workplace.

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***Life!* – Helping you prevent diabetes,
heart disease and stroke**

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