



## Corporate Wellness Solutions



### The Complete Performance Solutions Difference

We specialize in developing **truly tailored corporate wellness programs** to specifically suit your organisation's culture, priorities and goals. We produce measurable results to ensure you a **return on investment**. We will help turn your organization into an **Employer of Choice**, so that attracting and retaining staff will become a problem of the past.

Our team includes **elite athletes** who know first hand what it takes to **perform** on the sporting field and in the boardroom. We will get your staff and company in shape for performances beyond anything you've ever achieved before.

We are **Brisbane-based**, yet have **staff throughout Australia** and also in certain overseas destinations. We are your **one-stop corporate wellness solution**.

Our services include:

- Health expos and staff health checks
- Health and wellness seminars
- Keynote and conference presentations
- Workplace fitness challenges
- Group fitness, yoga and pilates sessions
- Executive personal training and health coaching
- Staff health coaching
- Performance and team building seminars
- Health, performance and team building retreats

**Our depth of experience includes providing corporate wellness services for:**

Ausenco  
 Energex  
 Queensland Treasury  
 KPMG  
 Real Estate Institute of  
 Queensland  
 Boulderstone  
 AC Nielsen  
 Brisbane City Council  
 Health Services Australia  
 TAFE Queensland  
 Queensland Government  
 Brisbane Airport Corporation  
 Master Builders Association  
 Rider Levett Bucknall  
 InsSync Group



BAULDERSTONE





We are in great demand as presenters on the hot topic of 'corporate health'. We have most recently been selected as the presenters on this topic for these conferences:



- Queensland's Business Improvement in Government Conference 2009
- The USA's National Health and Fitness Industry Conference 2009
- Australian Human Resources Institute's Leadership Day Conference 2008
- Real Estate Industry of Queensland's Young Agents Conference 2008

### Our impact on organisations similar to yours

"I recommend for our competitors not to have corporate health initiatives – I don't want them having as great a team as we do!

**The benefits far outweigh the costs."**

*Mitchell Petrie, Accounting Firm Partner – group fitness & staff health checks*

**"This is the best thing my company has ever done for me!"**

*Peter Beaton, Accounting Firm Partner - group fitness sessions*

"This has really helped me manage my stress and improve my health and fitness."

*Jillian Richards, Accounting Firm Partner - group fitness sessions*

"They worked with us to develop tailored sessions. We have had a great response from our people. We will definitely continue making the most of their services."

*Anna Sinton, Human Resources Consultant – health & wellness seminars*

"The presentation was excellent. **It is a pleasure doing business with Complete Performance Solutions again!**"

*Alison Mosely, Sporting Wheelies Association – performance seminars*

"CPS has provided me with a solid platform for my well being, and the personal understanding and support that I need to achieve a better work-life balance."

*Grant Torta, General Manager - executive personal training*

"Our company has already seen **positive changes in staff culture** and we are sure this will continue over the coming 12 months. Thank you."

*Julie Russell, Manager Communications & Marketing – health expo*

**Arrange a complimentary corporate wellness program assessment and plan for your company today...**

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We look forward to helping you take your organization to the next level!

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