

**Healthy and Happy Employees are
Your Human Capital and
Organisational Assets**

Wellness At Work



Not sure how?

We are here to help with customised programmes.

contact@i1920.com.sg/ 8161 6220

1.Rejuvenate

Assess - the current workforce state

Customise- outcome based programmes

Implementation - handhold leads and HR managers



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2. Rejuvenate, Sustain

REJUVENATE PROGRAMME +

- HR policy review for sustained support of mental wellness
- Communications framework for staff and external stakeholders
- Measurement framework for effectiveness



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3. Rejuvenate, Sustain, Support

REJUVENATE, SUSTAIN PROGRAMME +

- Technology - online platform for staff to seek help and access professional counsellors



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