

AUSTRALIAN OLIVE
ASSOCIATION_{LTD}

Every person
counts

**How well are you
looking after your
most important asset?**

YOU







Powerful people



**Passionate,
caring people**

**Far too much
sex & booze**





YOU

What's important to me?

Have I got the balance right?

1. /10

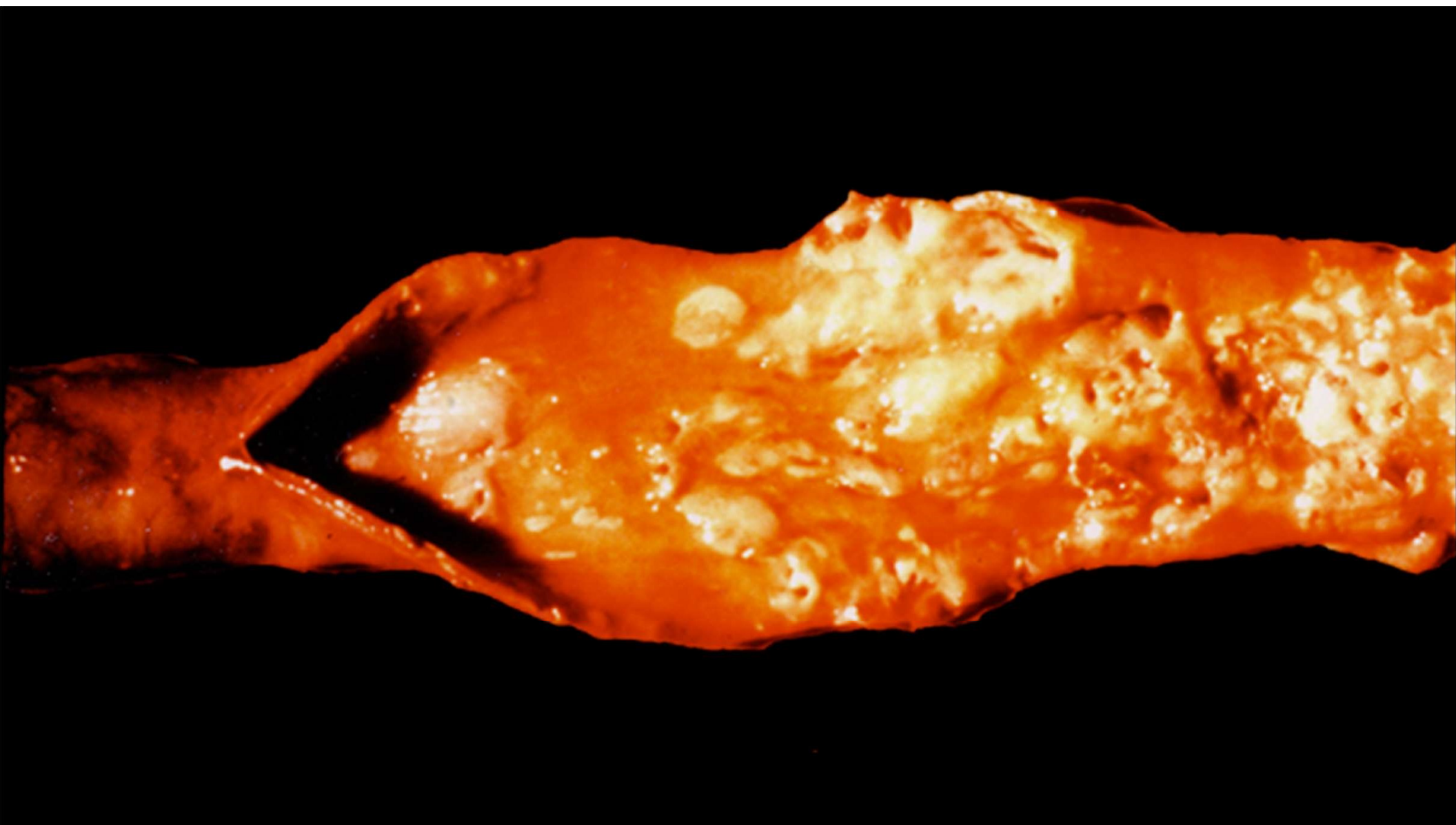
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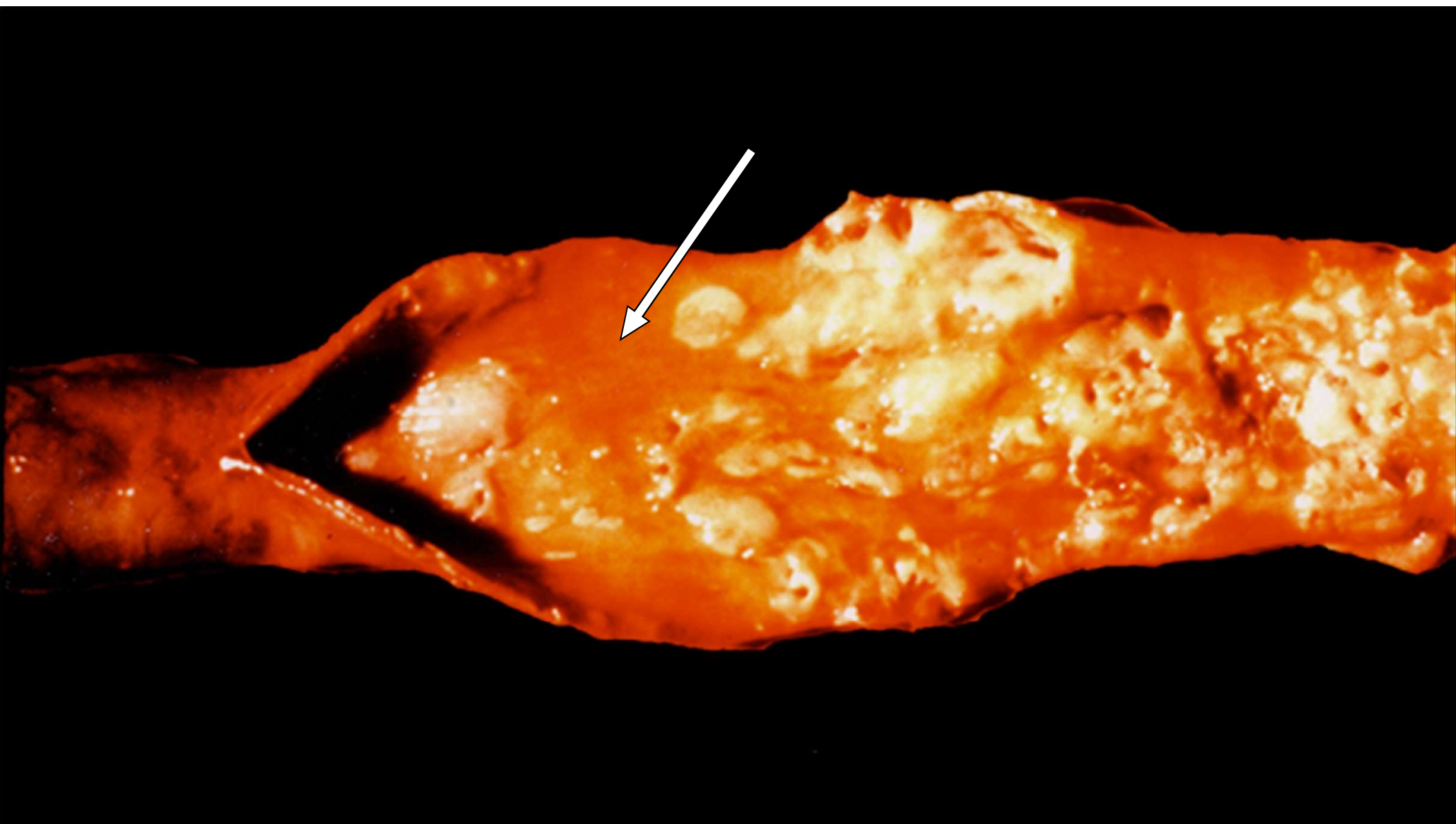
3. /10

4. /10

5. /10







1 in 2



a slide from my old days

S tacks of weight	➡	W eight less
S ittin on ya bum	➡	I ncrease activity
S chooners & scotch	➡	N ot too much grog
S mokes	➡	N ever
S o little fibre	➡	E at lots of it
S tress	➡	R elax



**B
E
E
P**







A BEEP a day keeps the Doctor away...

Big
Easy
Enjoyable
Poo



Manhood in the Mirror

ZDoggMD & Dr. Harry, Music by Michael Jackson



"yes, I'm shouting"

TALK TO YOUR DOCTOR!

Are my examples easy?

**Are they wise personal
investments?**

Tomorrow

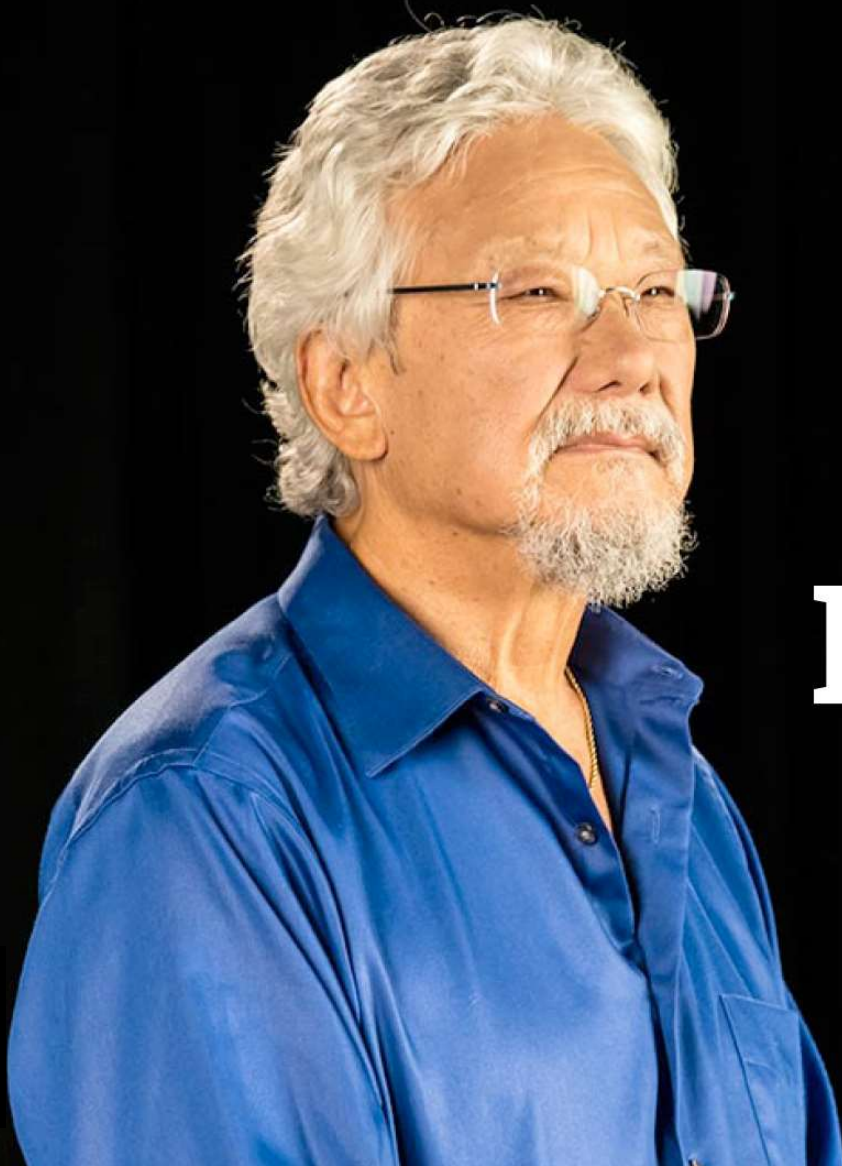


YOU



Why





**David
Suzuki**



**more education
less carbon dioxide**





1 remote school

22 kids

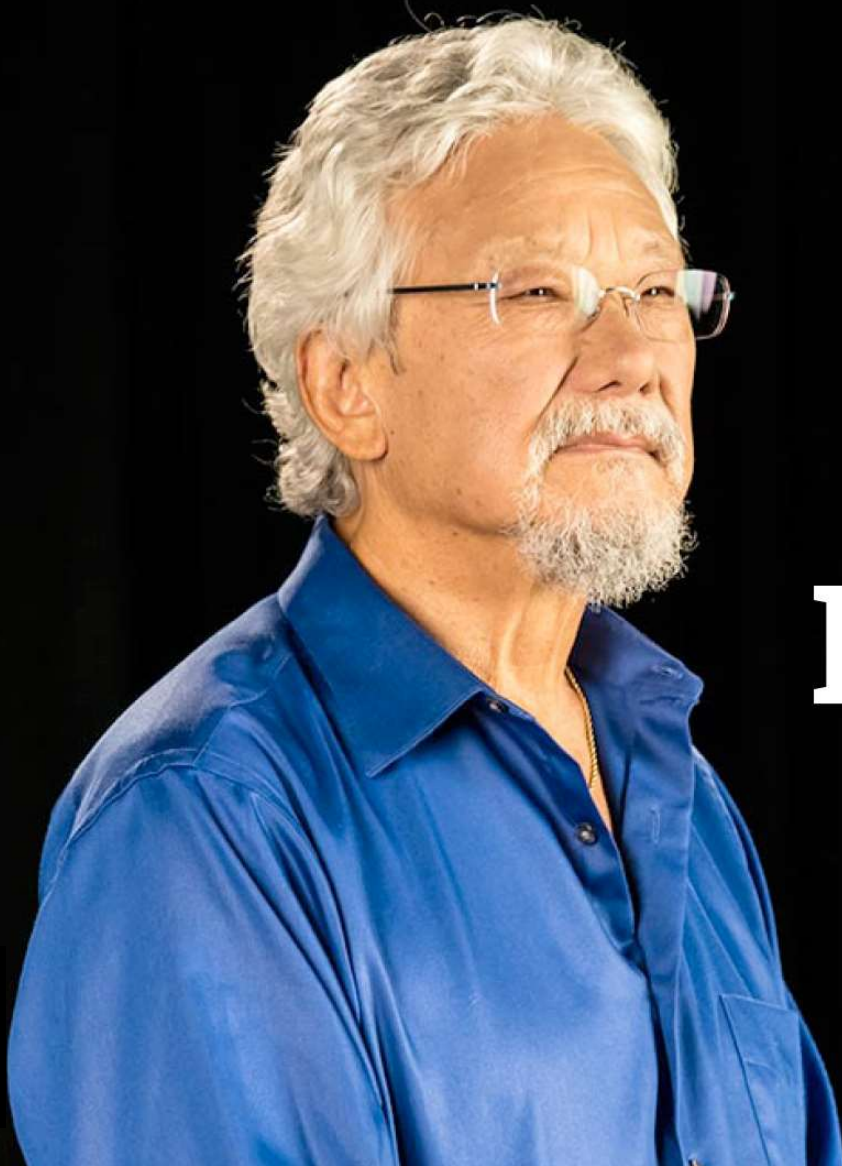
half an hour

**How much plastic
did they collect?**



**PLASTIC
FREE OCEANS**

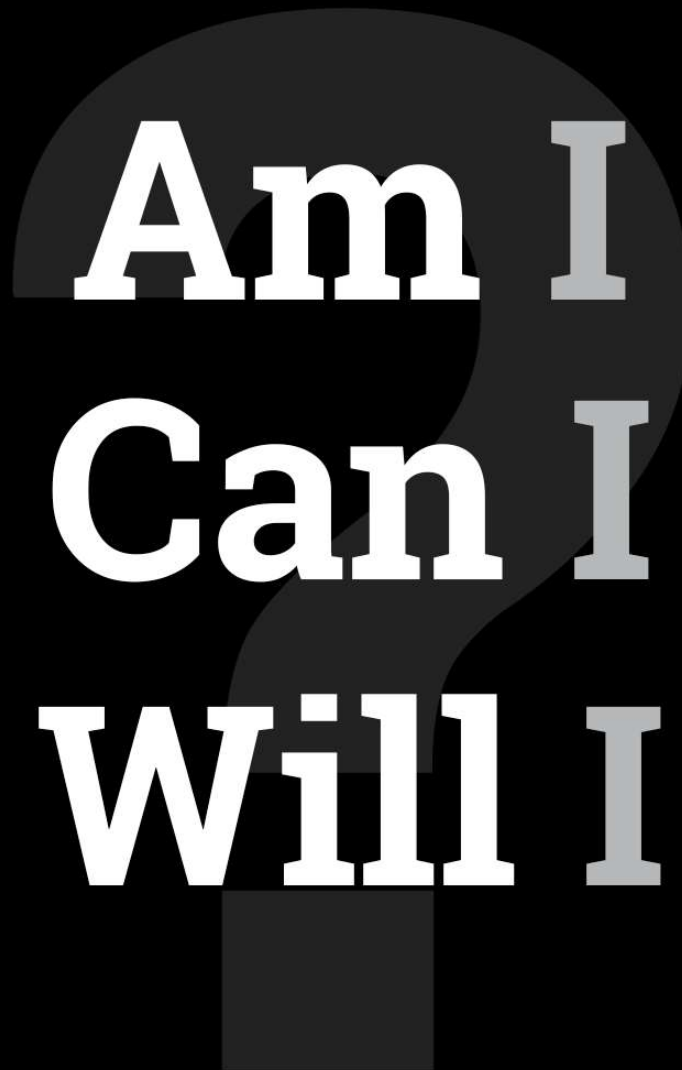
plasticfreeoceans.org



**David
Suzuki**

If something is really important to you

Do your homework



Am I

Can I

Will I



Am I

...doing the things I need to do to live the life I want



Can I

...achieve the goals I set for myself



Will I

...stay on track

Free resources for you and staff

robedwards.co/lasalle

‘Setting Goals That Really Matter’ workshop

Doc page, back chart, previous newsletters

Wellbeing videos and other resources

Stress



Go through the questionnaire

Get relevant resources

Time outs each day

Physical activity

Recreation activities and hobbies

Meditation, Tai Chi, yoga or a massage

? due for a holiday

Limit coffee and alcohol and don't smoke

Professional help if need

Mental health



04:42



Additional resources:

[Stress Rating Questionnaire](#)

[Better Health Channel – Stress](#)

[Help Guide Organisation – Stress Symptoms Cause and Effect](#)

Rob's free resources:

www.robedwards.co/olives



add code
here & visit

The link is available for a limited period after the event. But once accessed you have indefinite access to the workshop, videos, charts and other resources.





A low-angle, upward-looking photograph of the CN Tower in Toronto. The tower's lattice structure is prominent, extending from the bottom right towards the top center. The top of the tower features a large, rounded observation deck with a glass facade. The background is a bright blue sky filled with soft, white clouds. The text "5 minutes every day" is overlaid in white on the left side of the image.

**5 minutes
every day**



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YOU



YOU

YOU