Worksite Health 101 Training Modules

Making the Business Case
- Relationship between health and performance
- Impact of worksite health program
- Key components of a comprehensive worksite health program

Leadership and Culture
- Driving senior leadership support
- Creating a healthy worksite culture
- Building infrastructure and capacity

Data Collection
- Worksite health assessment process
- Types of data to collect
- Using data for program planning

Planning & Implementation
- Determining program goals and objectives
- Developing detailed worksite health plans
- Putting assessment and planning into practice

Program Evaluation
- Measuring process and outcomes
- Key evaluation metrics

Module 1
- Relationship between health and performance

Module 2
- Impact of worksite health program

Module 3
- Key components of a comprehensive worksite health program

Module 4

Module 5