









Fire up your entrepreneurial spirit. Get engaged with your health, people and life. Keep nourishing your body, heart and mind. Build grit and resilience. Be persistent in your pursuits. Feel energised.

Have fun. Push the boundaries. Try something new. Do it yourself. Get out of your comfort zone. Be brave. Feel free.

Make a positive impact

on the world. Feel alive.

Be passionate. Learn your craft and keep learning. Show an active your purpose. Inspire and interest. Show you care. be inspired. Feel fulfilled. Be kind and mindful.

Be open and honest. Be authentic. Stay true to

## EMPLOYEE PROBLEMS TO SOLVE

#### CONFUSION

#### ACCESS

#### **PERSONALISATION**

#### **GROWING OBESITY**









People are confused about what to eat for health.

Accessing instant, quality, fresh healthy food is not easy to find. Convenience without compromising on quality, fresh and taste are big drivers.

We're all different and technology is empowering customers to get what they want, when and where they want it. 2/3rds of Australians are overweight - we're fatter and sicker than ever before. Food has a key role to play and prevention is better than cure.





## 11 MILLION AUSTRALIAN

#### ARE IN EMPLOYEMENT

66%	of Australians don't feel a connection to their company's mission	68%	of employees say that sufficient sleep is a key factor to being productive at work
33%	of employees feel they are living with extreme stress	52%	of Australians are sleep deprived
68%	of Australians struggle to focus at work	70%	of employees say they rarely get enough physical activity
1 in 3	people quit their jobs because of stress	60%	of adults are sedentary for 60% of waking hours
1 in 4	employees experience mental health issues due to work	46%	of employees worry about finances
60%	of Australians consume more than 20 teaspoons of sugar per day	1 in 4	people have no one whom they can discuss important matters
87%	of employees are not actively engaged in their work	70%	employees believe they aren't achieving full potential, due to lack of development



# CREATING A MORE HUMAN-CENTRED WORKPLACE

Modern workplaces are changing rapidly driven by disruptive digital technology which has forced whole industries to transform over the last decade. Media, Publishing, Retail, Finance, Health, Hospitality, Travel, Food & Agriculture, Property. Every industry has and will continue to be affected. Successful transformation requires investment in finding new growth engines to drive future shareholder value. Product innovation, Technology, Marketing and Sales are the key ingredients and fuel of business growth. But underpinning success in each of these areas requires human input. Behind every great product, closed deal, marketing campaign, technology integration, M&A transaction, monthly P&L is a person and many of those people are under mental & emotional stress.

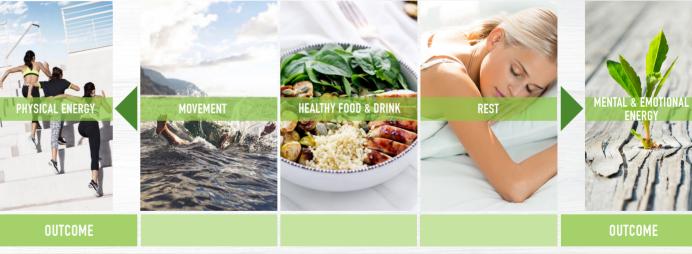


ACTIVELY ENGAGED
PEOPLE ARE 21% MORE PRODUCTIVE & BRING
22% MORE PROFIT

\$1 INVESTED
IN ENHANCING EMPLOYEE CULTURE
PAYS BACK \$2.30



#### EMPLOYEES BUSINESSES COMMUNITY



DATA, TRACKING & TECHNOLOGY

#### **EDUCATION**

#### PERSONAL WELLNESS INSIGHTS

#### COMMUNITY

- Keynote speakers
- Round tables
- Hot topic webinars
- Digital Wellness
- Short courses
- Live events
- Articles
- Newsletter

- Blood checks
- Genome tests
- Microbiome tests
- Stress tests
- Health kiosks
- Health coaches
- Nutritional therapy

- Wellness Eating contests
- Live events
- Workshops
- Great food (Catering)
- Wellness currency
- Keynote speakers
- Supplier showcase
- Discounts

#### STRATEGY & MEASUREMENT

- Tailored strategy, framework, branding & engagement plan
- Quarterly engagement surveys
- Monthly KPI reporting & analysis

#### **ENGAGEMENT**

• Mobile website | Digital content | Video | Champion network | Social media | Events | In-office | PR

#### A POSITIVE IMPACT ON EMPLOYEES

ENERGISING EMPLOYEES





ENERGISING BUSINESS CULTURES



- INCREASED PHYSICAL, MENTAL & SOCIAL ENERGY
- ENHANCED PRODUCTIVITY
- INCREASED CREATIVITY & INNOVATION
   93% OF LEADERS REPORT MINDFULNESS
  HELPS THEM CREATE SPACE FOR INNOVATION
- BETTER STRATEGIC THINKING 70% OF LEADERS REPORT IMPROVED STRATEGIC THINKING THANKS TO MINDFULNESS
- IMPROVED ABILITY TO COPE WITH STRESSFUL EVENTS
- REDUCED HEALTH RISK PROFILE THROUGH LIFESTYLE MEDICINE
- IMPROVE EMPLOYEE MORALE & ENGAGEMENT
- REDUCE STAFF TURNOVER & ABSENTEEISM

ENGAGING BEST IN CLASS
WELLNESS PRACTITIONERS
WHO CAN DELIVER VALUE TO
TIME-POOR PROFESSIONALS

- IMPROVED EMPLOYER BRAND
- REVENUE & PROFIT GROWTH
- INCREASED CUSTOMER
   SATISFACTION & ADVOCACY
- INCREASED MARKET SHARE
- REDUCED VOLUNTARY TURNOVER
- REDUCED SICKNESS ABSENCE
- REDUCED COST OF RECRUITMENT

### SUMO'S PROCESS

TAKE STOCK

VISION

CONSISTENT
ACTIONS

BUILD NEW HABITS

KEY ISSUES

GOALS

TRACK & ANALYSE

BUILD SUPPORT
NETWORK















