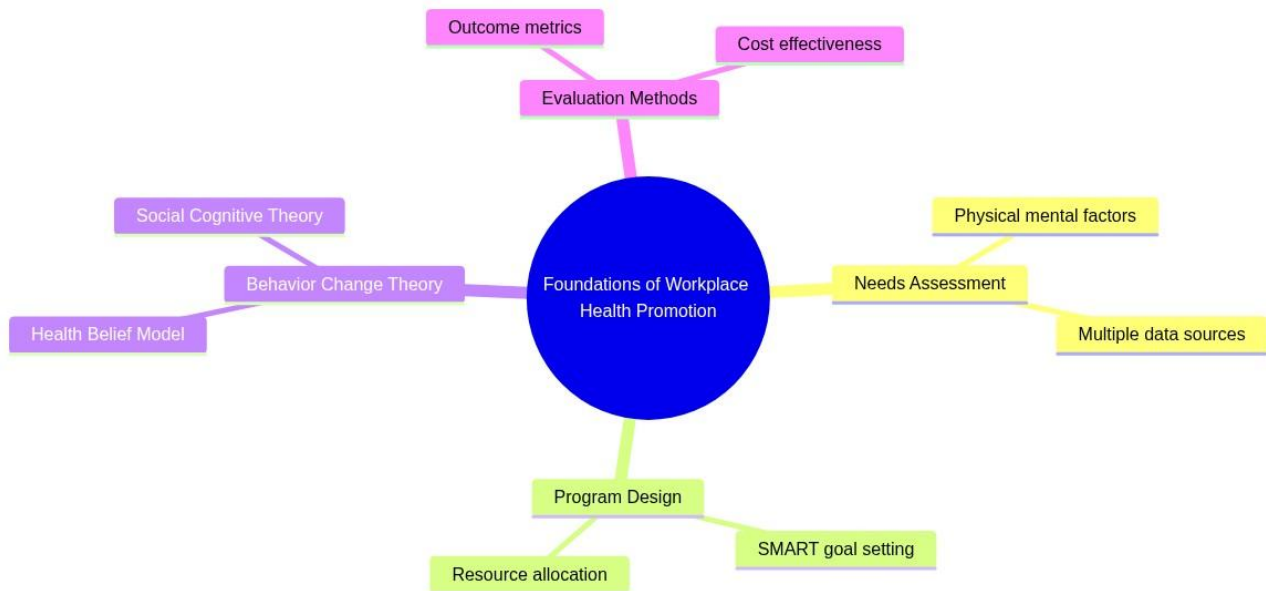


Postgraduate Certificate in Employee Wellness (Intermediate)

# Foundations of Workplace Health Promotion



mindmap

root((Foundations of Workplace Health Promotion))

Needs Assessment

Physical mental factors

Multiple data sources

Program Design

SMART goal setting

Resource allocation

Behavior Change Theory

Health Belief Model

Social Cognitive Theory

Evaluation Methods

Outcome metrics

Cost effectiveness