

# WORKPLACE WELLNESS WORKSHOP PROPOSAL





# ABOUT COMPANY

PHYSIOGO started in 2016 and has treated thousands of patients since then. Physiogo consists of dedicated physiotherapists that aim to help patients involved in injuries, diseases, conditions, or disabilities by means of manual therapy, therapeutic exercises, a rehab programme, and care advice based on theories and evidence-based studies.

PHYSIOGO also collaborates with the company, which appoints us as a physiotherapy panel for their employees benefit. Physiogo provides the best possible service at a reasonable cost. With this great service, we are among the most preferred physiotherapy centres among the public.

**"Boost up employees performance:  
Cultivate Better Work Habits and  
Prevent/Reduce Physical Discomfort"**



# OBJECTIVES

Physiogo's Wellness Workshop aims to introduce and provide comprehensive training services focused on:

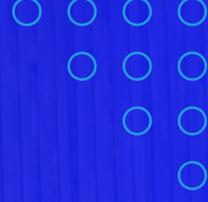
- Ergonomic solutions
- Preventive measures
- Corrective strategies

**Ergonomic Solutions:** Learn better sitting posture and reduce pain for improve well-being.

**Preventive Measures:** Address pain areas and promote a healthier work environment through stretching, breaks, and adjustments.

**Corrective Strategies:** Teach effective posture and seat adjustments for improved comfort and well-being.

This program is designed to enhance the overall well-being of your workforce, resulting in increased productivity and a positive work culture.



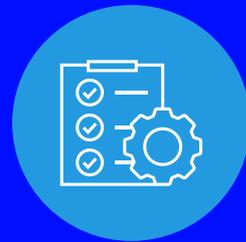
# BENEFITS TO YOUR COMPANY



**Reduce/Prevent  
Physical  
Discomfort**



**Improve  
Ergonomic  
Practices**



**Gain Practical  
Insights &  
Techniques**

Physiogo offers modern solutions to reduce physical discomfort, improve ergonomic practices, and provide practical insights and techniques for your employees.

# **BENEFITS TO YOUR COMPANY**

## **Reduce/Prevent Physical Discomfort**

Modern employees face modern work challenge. Physiogo offers modern solution for that. Employee often face physical discomfort due to work nature of prolonged sitting, repetitive movements, and poor workstation setups, leading to issues like musculoskeletal disorders, fatigue, and decreased productivity.

## **Improve Ergonomic Practices**

Through our comprehensive program covering ergonomic principles, preventive measures, and corrective exercises, employees will adopt better work habits, such as maintaining proper posture or implementing ergonomic setups.

## **Gain Practical Insights & Techniques**

They'll learn tailored workplace exercises, postural adjustments, and self relief techniques to significantly reduce discomfort and enhance their overall well-being at work.

# WHO BENEFITS FROM THIS PROGRAM?



**Office Workers**



**IT Professional**



**Manufacturing Staff**



**Home-based Workers**

# WHO BENEFITS FROM THIS PROGRAM?

The target group emphasized in this program consists of individuals who share common work nature, face similar problems, are exposed to the same risks, and can benefit from the same solutions.

**Work Nature:** These individuals have job roles that involve prolonged periods of desk work, computer usage, paperwork, or repetitive tasks.

**Same Problem:** They experience similar challenges such as discomfort, strain, and musculoskeletal issues resulting from their work activities.

**Same Risk:** Due to their work nature, they are at an increased risk of developing posture-related problems, ergonomic issues, and work-related injuries.

**Same Solution:** By providing them with tailored training on proper posture, workstation setup, and ergonomics, we can address their specific needs, improve their well-being, and enhance their overall work experience.

# OUR TRAINER TEAM



**Ts. Yusof**  
Ergonomic Consultant



**Ms. Izzah**  
Physiotherapist

Our certified trainer for the Workplace Wellness Workshop, who holds a prestigious certification from HRD Corp's Train The Trainer Program.



# Ts. Yusof Kadikon

Academician /  
Ergonomic Consultant

## Qualifications

### **SHEnviro Hall Sdn Bhd**

Certification, Safety & Health Officer  
HIRARC  
Ergonomic Risk Factor

### **Universiti Putra Malaysia**

Master of Engineering  
Management

### **Universiti Teknologi Malaysia**

Bachelor's Degree in  
Mechanical Engineering  
(Industrial Engineering)

## About

Yusof Kadikon is a Lecturer at Universiti Kuala Lumpur Malaysia France Institute. He started his professional work as an Assistant Mechanical Maintenance Junior Engineer at Pelepas Brigentine Service, PTP, Johor just after finished his degree. His research interests are Ergonomics / Human Factor Engineering.

Area of Expertise: Ergonomics / Industrial Engineering

## Experiences

- Lecturer in Industrial Automation section in Universiti Kuala Lumpur – Malaysia France Institute (UniKL-MFI)
- Professional Technologist (MBOT), member International Associate Engineer (IAENG), Malaysia Society of Occupational Safety & Health (MSOSH), and Human Factors and Ergonomics Society Malaysia HFEM)
- Trainer at NIOSH on Ergonomics and Manual Handling at Work Place (EMHW)
- Safety and Health Officer (SHO) course, on ergonomics assessment at automotive, retail, semiconductor and etc, & Ergonomic Trained Person (ETP)Trainer

## Specialties

- Certified NIOSH Trainer (TTT)
- Certified HRD Corp Trainer (TTT)
- Safety and Health Officer Certification Trainer, DOSH
- Ergonomic Trained Person (Initial& Advance) & Trainer, DOSH
- Occupational Safety Health Coordinator (OSH-C)-DOSHS
- Professional Technologist (P.Tech) registered with Malaysia Board of Technologist (MBOT)



# Izzah Lukman

Physiotherapist

## Qualifications

### University of Cyberjaya

Bachelor's Degree,  
Physiotherapy

### Management and Science University

Foundation Degree,  
Health Science

## Specialties

- Musculoskeletal Physiotherapy
- Neurological Physiotherapy
- Myofascial Release Therapy
- Trigger Point Therapy
- Manual Therapy
- Physical Therapy
- Sports Injuries
- Sports Massage
- Rehabilitation

## About

Izzah Lukman is a dedicated and passionate physiotherapist with three years of experience in a physiotherapy center-based setting. With an additional year of experience as an Operational Trainer, Izzah brings a unique skill set to our team at Physiogo. Her commitment to patient care and improvement in the quality of life is unparalleled.

## Experience

Izzah has a wealth of experience in providing physiotherapy treatments to patients, focusing on their overall well-being and recovery. Her expertise in administering various therapies and techniques has helped numerous individuals regain mobility and alleviate pain. Furthermore, her experience as an Operational Trainer showcases her ability to effectively communicate and educate others in the field.

In addition to her clinical work, Izzah has actively participated in professional development programs to enhance her skills and knowledge. She has completed the HRD Corp Train The Trainer Program, which has equipped her with the necessary skills to deliver engaging and effective training sessions. Moreover, Izzah has also attended the Thoracic and Lumbar (Lower Quadrant) & Spine Manipulation Course, further expanding her expertise in these areas.

# APPROACHES

Participants will benefit from engaging:

- **Health talks**
- **Practical demonstrations**
- **Mini-treatments**



## Health Talks

Engaging health talks will be conducted to provide participants with in-depth knowledge about ergonomic principles, the importance of preventive measures, and the significance of corrective exercises. These talks will cover various topics related to improving workplace ergonomics, promoting better habits, and preventing common physical issues.



## Practical Demonstrations

The program will include hands-on practical demonstrations to illustrate proper ergonomic setups, posture correction techniques, and exercises. These demonstrations will empower participants by showcasing practical solutions they can implement in their daily work routines to mitigate physical strain and discomfort.



## Mini-Treatments

Participants will have the opportunity to experience mini-treatments such as quick massages or ergonomic assessments. These sessions will offer personalized advice and immediate relief techniques tailored to individual needs, reinforcing the practical application of the ergonomic principles discussed during the program.

# PACKAGE PRICING

Introducing Physiogo's Workplace Wellness Workshop Packages:

Physiogo is thrilled to introduce our Workplace Wellness Workshop Packages designed to address ergonomic solutions, preventive measures, and corrective strategies.

## SILVER PACKAGE

**RM6,000**

- ✓ 1-day workshop
- ✓ 4-Modules
- ✓ Max 35pax/group/day
- ✓ Goody bag and a certificate

## GOLD PACKAGE

**RM12,000**

- ✓ 2-day workshop
- ✓ 8-Modules
- ✓ Max 35pax/group/day
- ✓ Goody bag and a certificate

# PORTFOLIO

## Corporate Engagement (Physiogo Corporate Events)



# PORTFOLIO

## Corporate Engagement

(Physiogo Corporate Event)



**AmBank Group**

