



Accredited Africa Training Institute for Capacity Development

Unit FO409, Hatfield Plaza · 1122 Burnett St, Hatfield 0028 · Pretoria, Gauteng · South Africa

Tel: +27 12 004 8389 · Mobile: +27 65 077 6310

Email: apply@aaticd.co.za · Website: www.aaticd.co.za

COURSE BROCHURE

Strategic Wellness Programme Impact Analysis Training

Business, Commerce and Management Studies / Finance, Economics and Accounting

Unit Standard 114206 · NQF Level 5 · 5 Credits · 2 Days

COURSE OVERVIEW

This course equips participants with the skills to design, implement, and evaluate strategic wellness programmes within an organisational context. Learners will analyse the impact of wellness initiatives on employee productivity, absenteeism, and overall organisational health, enabling data-driven decisions to enhance workplace well-being. The training aligns with SAQA unit standard 114206, focusing on strategic impact analysis rather than basic wellness coordination.

Category	Business, Commerce and Management Studies
Subfield	Finance, Economics and Accounting
Unit Standard	114206
Accreditation	SAQA Accredited · NQF Level 5 · 5 Credits
Duration	2 days
Training Method	Online, On-Campus, In-House
Certificate	Issued via AATICD LMS – verifiable online

LEARNING OUTCOMES

- Analyse the strategic alignment of wellness programmes with organisational goals and objectives.
- Evaluate the impact of wellness initiatives using quantitative and qualitative data collection methods.
- Design a comprehensive impact analysis framework for monitoring and reporting wellness programme outcomes.
- Apply cost-benefit analysis to determine the return on investment of wellness interventions.
- Demonstrate the ability to present impact findings to senior management for strategic decision-making.
- Implement continuous improvement strategies based on impact analysis results.

WHO SHOULD ATTEND

- Wellness managers, HR professionals, occupational health practitioners, and senior managers responsible for strategic decision-making regarding employee wellness programmes in corporate or public sector organisations.

COURSE OUTLINE

Day 1: Foundations of Wellness Programme Impact Analysis

- Introduction to wellness programme impact analysis and its strategic importance.
- Overview of Unit Standard 114206 and SAQA-aligned competencies.
- Key performance indicators (KPIs) for wellness: health, productivity, cost.
- Logic models and theory of change for wellness programmes.
- Data sources: surveys, biometric screenings, absenteeism records.
- Quantitative vs. qualitative impact measures.
- Ethical considerations and confidentiality in data handling.
- Case study: Analysing a corporate wellness programme.

Day 2: Advanced Analysis and Reporting for Strategic Decision-Making

- ROI calculation methods: net benefits, cost savings, productivity gains.
- Cost-benefit analysis and break-even analysis.
- Benchmarking against industry standards.
- Data visualisation techniques for impact reports.
- Qualitative data integration: employee testimonials and case studies.
- Formulating evidence-based recommendations.
- Communicating impact to leadership and stakeholders.
- Workshop: Building a strategic impact report.

ASSESSMENT & CERTIFICATION

Delegates are assessed through exercises and a final test. A mark of **50% or above** earns an **AATICD Certificate of Completion**, issued digitally with a unique verification code. This course carries **5 NQF credits** at **NQF Level 5**.

PRICING (PER DELEGATE, EX-VAT)

Delegates	Training Method	Price per Delegate	Total
1	Online	R 16,200.00	R 16,200.00
1	In-House	R 21,000.00	R 21,000.00
1	On-Campus (Pretoria)	R 24,300.00	R 24,300.00

UPCOMING SESSIONS

Start	End	Method	Venue
10 Aug 2026	11 Aug 2026	On-Campus	Durban, South Africa
10 Aug 2026	11 Aug 2026	On-Campus	Pretoria, South Africa
10 Aug 2026	11 Aug 2026	On-Campus	Cape Town, South Africa
12 Aug 2026	13 Aug 2026	On-Campus	Abu Dhabi, UAE
12 Aug 2026	13 Aug 2026	On-Campus	Dubai, UAE
12 Aug 2026	13 Aug 2026	On-Campus	Mauritius
18 Aug 2026	19 Aug 2026	On-Campus	Pretoria, South Africa
18 Aug 2026	19 Aug 2026	On-Campus	Durban, South Africa

Contact us if no suitable date is listed – on-demand sessions can be arranged for groups.

HOW TO GET A QUOTE OR APPLY

1. **Get an instant quotation online:** visit www.aaticd.co.za, open the page for this course (Unit Standard 114206) and click **Get A Quote / Apply**. Select your training method and number of delegates – your quotation is generated immediately and emailed to you with the course brochure attached.
2. **Apply by email:** send the course title, your preferred training method (Online, In-House or On-Campus Pretoria), the number of delegates and your preferred dates to apply@aaticd.co.za – our team will reply with a formal quotation.
3. **Apply by phone or WhatsApp:** call **+27 12 004 8389** or WhatsApp **+27 65 077 6310** and we will prepare your quotation and reserve your seats.
4. **Confirm your booking:** accept the quotation and settle the invoice. As soon as payment is confirmed your delegates are enrolled and receive their AATICD LMS login details by email, along with joining instructions for their chosen training method.

Group discounts apply automatically – the more delegates you enrol, the lower the price per delegate. No payment is required to request a quotation.

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