



LION

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Lion's Healthy Hospo program expands with industry body partnership

Last year, Lion NZ's not-for-profit health and well-being program, Healthy Hospo, was proud to announce a significant three-year partnership with industry body Hospitality New Zealand. This marked a major step forward and pathway to extend the program's positive impact to even more businesses and hospitality workers around New Zealand.

Long hours, late nights, and high-pressure environments. While dynamic and rewarding, the Hospitality industry is recognised for its unique wellbeing challenges; Lion launched Healthy Hospo in 2020 to provide practical, targeted support and resources with hospitality professionals' needs front and centre.

To date, more than 3,000 people have engaged with Healthy Hospo through its workshops and community events – everything from sleep workshops to run clubs, surf lessons to community volunteer days and overnight retreats in bird sanctuaries. Attendees have gone on to take up regular exercise, give up smoking, improve their sleep habits, adapt their leadership style, and even run long-distance endurance events.

Hospitality NZ says partnering with Lion to expand the work of Healthy Hospo clearly aligns with their strategic goals of attracting and retaining talent within the industry and will build on the amazing work of Healthy Hospo so far. Lion and Hospitality NZ will work together to drive participation in Healthy Hospo, expand the offering, and run events in a wider range of locations.

“The breathwork workshop was a really life changing moment for me, the emotional release it gave space to was a moment that I will never forget. It asserted the importance of deep breathing and how little we really do that.”

Queenstown Retreat Attendee

3-year

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