

The Well-Being Work Force Programme

A well-being programme helping to improve the overall well-being and mental health of staff members. Your people are at the heart of the success of your business. Ensuring they have ways of understanding and managing their own well-being improves the whole culture of your organisation. With the changes thrust upon all of us in recent years, there is no greater time to focus upon the well-being of your workforce.

This training is inter-active, engaging and thought-provoking. Consisting of 6 half-day sessions (or 3 full-day sessions) and designed specifically to provide the understanding, awareness and confidence to enhance well-being within the workplace.

Duration – 18hrs (6 x half-day sessions or 3 x full-day sessions)

Delivery – Over Zoom (or in-person if logistics allow)

Content

Session 1 – Understanding Well-Being
Session 2 – Developing Quality Connections
Session 3 – Discovering Your Purpose
Session 4 – Emotional Well-Being
Session 5 – Environmental Well-Being
Session 6 – Work-Life Balance

The Sessions

Session 1- My Well-Being

Understanding what well-being really is and what your own well-being looks like is vital to your health, happiness and success.

By the end of this session you will...

- *Understand what well-being means to you.*
- *Learn how to take ownership of your well-being.*
- *Know how reduce well-being blockers.*

Session 2 – Developing Quality Connections

Connection is the key to quality well-being and sits at the heart of our happiness. programme. Developing better connection with self, others, and the world around us is key to our sense of peace and wellness.

By the end of this session you will...

- *Understand the 4 connections*
- *Learn how to move through the 3R's.*
- *Recognise what gets in the way of quality connection.*

Session 3 – Discovering Your Purpose

Truly understanding how you are wired up and what makes you tick is vital to your well-being. Knowing your purpose enables you to align your work, decision-making and personal life.

By the end of this session you will...

- *Understand your personal 'hedgehog concept'*
- *Learn how to recognise your strengths, passions, and environments*
- *Discover your personal purpose*

Session 4 – Emotional Well-Being

Emotional well-being is vital for our performance, relationships and happiness. Understanding your own emotions and learning how to manage creates positive long-lasting change in life.

By the end of this session you will...

- *Understand your own relationship with your emotions.*
- *Discover the deeper reality.*
- *Learn how to shift perspectives and unwanted thoughts.*

Session 5 – Environmental Well-Being

So much of our well-being hinges on the environment we find ourselves in. Understanding what factors help or hinder

By the end of this session you will...

- *Understand your own relationship with your emotions.*
- *Discover the deeper reality.*
- *Learn how to shift perspectives and unwanted thoughts.*

Session 6 – Work-Life Balance

Creating balance between different parts of our lives can be tricky and imbalance can lead to poor well-being. Learning how to create a successful balance dramatically improves our wellness.

By the end of this session you will...

- *Identify your own barriers to successful work-life balance.*
- *Recognise the importance of opening and closing ceremonies*
- *Learn how to find greater balance and flow between work and home.*