

Wellness

Overview

Duration: One Day

Workplace wellness is about organisations and individuals taking a proactive approach to ensuring the health and wellbeing of their workforce. By focusing on the wellness of employees, organisations can help prevent issues with mental and physical health, reducing stress levels and absenteeism and ultimately improving performance. Raising awareness will help encourage people to take responsibility for their health and wellbeing.

Therefore, this course is aimed at anyone who needs to develop a heightened awareness of workplace wellness for both the organisation and themselves.

Description

Wellness is an active process through which people become aware of, and make choices toward, a more successful existence. This course is aimed at helping participants tap into this approach, raising their awareness of wellness issues and encouraging improvement in the mental and physical health of themselves and those around them.

The term 'wellness' can be defined in many ways; the simplest being 'the quality or state of being healthy in body and mind, especially as the result of deliberate effort.'

Although there might be different views on what wellness encompasses, there appears to be general agreement that:

- Wellness is a conscious, self-directed and evolving process of achieving full potential
- Wellness is multidimensional and holistic, encompassing lifestyle, mental and spiritual well-being, and the environment
- Wellness is positive and affirming

Wellness is the sum of all the positive steps you take to lead a healthier life. It depends on your physical, social, and mental state.

Topics covered:

- **The History of Wellness** – Establishing the roots of wellness and the interesting path it took to being accepted in the workplace.
- **Why Corporate Wellness is So Important Today** – Appreciating the role of wellness in the workplace and the positive benefits it can have for both the individual and the organisation.

- **Thought Awareness** – Identifying the impact of negative thoughts and how these can be re-purposed by having the self-awareness to adapt them into realistic and positive thoughts. Includes examples, practice and review.
- **Rational and Positive Thinking** – Using personal examples to refocus thinking and adapt situations that limit behaviour by taking a more rational and positive approach.
- **The Six Dimensions of Wellness** – Exploring the theory behind improvement of the six key areas of wellness. Includes a questionnaire to establish current wellness in these dimensions and highlighting where development opportunities might be.
- **Setting Personal Goals and Objectives** – Using the six dimensions of wellness (occupational, physical, social, intellectual, spiritual, and emotional) to help develop personal goals and improve wellness.
- **Wellness Starts at Work** – Establishing why wellness starts at work and then progressing to develop a fictional wellness program for the organisation.
- **Creating Work-Life Balance** – Exploring how to create a good work-life balance and how changing circumstances can influence priorities. Using ‘What If?’ questions to realise factors that might be affected by changing priorities.
- **Wellness Action Plans** – Understanding and developing a wellness action plan to actively help support wellness, reflect on personal circumstances, and take practical steps to help address wellness triggers.
- **Case Studies** – A review of several case studies to help apply learning to real-life scenarios and discuss different approaches.
- **Management Support for Wellness** – Identifying the support that managers could and should provide to employees to benefit wellness in the workplace.

Who Should Attend?

Anyone who wants to better understand the concept of wellness, the benefits it can bring, and how they can apply it to their own life.