Accelerators — Strengthening Impact Across All Three Pillars

Workshops: Develop Empowered, Resilient People

DERP-WS-04 – Tapping into Wellness to Optimise Performance and Productivity

Delivery Format

Live online or live in-person.

Who Should Attend?

General.

Duration

1 day.

Course Aim

To empower participants with the mind-set, skills and inspiration, through an immersive experience with the following objectives:

Mental Well-being

- Increase focus and awareness
- Enhance mindfulness and judgement
- Assess own stress/burnout levels
- Provide tips/techniques to manage own stress in an effective manner
- Develop a personal self-care strategy.

Physical Well-being

- Expand energy through movement, nutrition and sleep
- Enhance stamina, vitality, alertness and recovery by helping individuals maximise energy capacity.

Social Well-being

- Increase connection and confidence
- Provide opportunity for individuals to build constructive and healthy relationships.

Spiritual Well-being

- Align personal and professional/organisational missions
- Enhance decision making and priority-setting by helping individuals identify and clarify their values, purpose and mission.

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Benefits of Attending

Participants who have previously completed workshops of a similar content designed and facilitated by EQ Strategist and our associates report the following immediate and medium-term benefits:

- Feeling inspired and empowered through internalising that whilst they do not have control over environmental and external factors, they alone have the power to choose, through self-awareness and self-regulation, their thinking, emotional and behavioural responses to events
- Through determined and consistent application of rituals they commit to forming in their lives, they experience higher levels of energy which leads to elevated productivity levels and enjoyment of what they do
- Renewed sense of purpose and energy and to be able to infect those around them with this
- Feel even more positive, motivated and empowered to take on the challenges in their lives

What It Covers

Mental Well-being

- Contributors to Stress
- Optimising your four sources of energy
- Empowering versus Disempowering Thoughts and Emotions
- Managing your focus and the meaning you give to events
- The practice of Mindful Meditation.

Physical Well-being

- Your brain, its fundamental function and the role of neurotransmitters to your well-being
- Understanding how to manage the negativity bias
- How to use the right movement, posture and breathing to create positive energy
- Laughter and well-being
- Rituals for creating a foundation of good physical well-being – exercise, diet and sleep.

Emotional Well-being

- Social connections and your well-being
- Expressing appreciation and building trust
- Creating a healthy emotional bank account with others
- Empathy to reduce conflict
- Appreciating diversity and building constructive relationships.

Spiritual Well-being

- How to align your personal vision with that of your organisation to create greater purpose and meaning
- Outcome versus Output versus Task orientation
- How being strategic and applying the 80-20 rule can help you with your decision-making
- What being Service-oriented means
- Review key lessons
- Setting goals to apply what you've learned.

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Delivery Strategy

The learning has been structured as a one-day interactive workshop led by our experienced trainers. This workshop will contain a series of power point slides, accompanying information, written activities and reflective tasks and videos.

Formal Certification

At the completion of this program, the participant will be eligible to receive a Certificate of Participation from EQ Strategist.

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