

Wellbeing

Essential nutrition and activity for positive performance

Introduction

The positive relationship between personal wellbeing and performance is now unquestioned. Enthusiastic and committed individuals are more productive, creative and resilient, valuable qualities in today's challenging and competitive environment.

This is an empowering training course which combines Zoe Hellman's knowledge of nutrition, diet and exercise with research into positive psychology. The result is a powerful blend of information on health and motivation which individuals at all levels of the organisation can use to enhance their personal wellbeing and performance.

Participants will learn how to identify factors conducive to personal wellbeing including optimism, meaningful activities, diet and social relationships. A key aspect of the course is the understanding of how positive and negative emotions affect us and how participants can use this knowledge to reduce the risk of stress for themselves and those they work with.

Key course objectives

- How to maintain and increase good health and wellbeing
- Recognising the warning signs of declining health and wellbeing
- Acquiring proven switching-off skills to relax and recover after work
- How to ensure a good night's sleep
- Improve relationships generally and learn how to deal with toxic ones
- The importance of achieving a good work-life balance
- How to reduce the risk of stress-related illness

Course content

An introduction to wellbeing

- Health & energy versus lack of stamina & illness
- Recognise the constitution and consequences of food choices
- Recognising conditions that prevent wellbeing
- High achievers versus workaholics
- Be energised to improve the everyday choices made in relation to diet and exercise

Attitudes, relationships and emotions

- Emotions: increase positive & decrease negative
- The two family concept – at home & at work
- Maximising aptitudes for work wellbeing and performance

Strategies to enhance wellbeing and performance

- Maximising the present moment and using the flow state
- Fire-fighting versus project management & achievement
- Exercise and fitness, and what works for you
- Good quality sleep, individual needs and power napping

Preserving health and resilience

- Planning a healthy diet
- Essential nutrition for energy, health and wellbeing
- Relaxation techniques for health and wellbeing
- Book list for wellbeing

Who Do I Contact?

Email: info@thelearningsanctuary.co.uk to book your place on this exciting and enlightening event.

To discuss further, please telephone The Learning Sanctuary on: 0845 833 1178