



Learning & Development

Elevating Our Health & Wellness

Wellness is more than just physical health — it's mental, emotional, relational, and spiritual too.

But are you thriving in all areas — or unintentionally neglecting some?

This program helps you reflect, rebalance, and move forward with greater clarity and wellbeing.

Your Takeaways

- ✓ Holistic Self-Awareness
- 🧠 Mental Clarity & Emotional Strength
- ⭐ Resilience Strategies for Life & Work
- 🔬 Science-Backed Tools to Feel Better, Faster

17 Duration: 1 Day

Location: In House Training

Certificate Provided

HRDF Claimable

REGISTER NOW



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Achieve Balance. Build Resilience. Live Fully.

Elevating Our Health & Wellness

INTRODUCTION

When talking about wellness in our lives, it does not stop at physical wellness; it includes mental, emotional, relational and spiritual health: each aspect deserves special care throughout the entire year and at all ages. Hence, this program is designed to help bring to our awareness how we have been living our lives. Are there areas where we overemphasize at the expense of other areas? If so, what changes will we do moving forward to help us achieve a more balanced and holistic wellbeing?

This course is designed to help you sustain positive mental wellbeing through understanding, managing and mastering mental & emotional thought processes, skills & strategies that serve to cushion distress and boost positivity.

Key Learning Outcomes

Upon completion of this workshop, participants should be able to:

1. **Discover the individual areas of health & wellness** that needs to be nurtured
2. **Understand the way our mind works** to uncover the reason of mental & emotional distress
3. **Apply science backed lasting methods** to feel better faster
4. **Master effective strategies** that help elevate mental & emotional wellbeing of self & others

Workshop Methodology

This program will be delivered through a dynamic mix of interactive and experiential learning methods, including:

1. **Interactive Group Exercises and Activities:** Concepts and key information are explored through hands-on tasks designed to promote engagement, collaboration, and deeper understanding.
2. **Facilitated Discussions:** The trainer will guide open discussions around real challenges participants face in both their professional and personal lives, encouraging reflection and peer learning.
3. **Real-Life Application Focus:** Learning activities are designed to be practical and directly applicable, ensuring participants can relate new concepts to their daily experiences.
4. **Experiential Learning Environment:** A dynamic learning atmosphere is created where participants actively construct knowledge rather than passively receive information.
5. **Structured Debriefing:** Each activity is followed by a thorough debrief to connect learning outcomes with real-world scenarios, reinforcing retention and actionable insight.

Program Outline

Module 1: Your Health & Wellness Report

1. 5 Main Areas of Health & Wellness
 - Career and Finance
 - Physical Health
 - Relationship & Emotional Well-being
 - Spiritual & Emotional Well-being
 - Growth & development

Module 2: Elevating our Health & Wellness: Break Free from Stress

1. Understanding Stress & It's Impact
2. Essential Hormones & Their Roles

Module 3: Elevating Our Health & Wellness: Boosting our Stress Tolerance

1. Happy Hormones
2. Killing ANTs
3. Cognitive Distortions

Module 4: Feel Better Faster

1. Simple Hack to Optimize Well-Being
2. Breathing Hacks
3. Short- & Long-Term Stress Intervention