'Nurturing Individuals and Building Strong Teams'

T-A-B Think Act Be
Training Solutions

Level 2: Enhanced Training

Wellness in the Workplace



1 day / 2x half day | Contribution to CPD hours | Virtual or face-to-face | Bespoke to organisation

COURSE BENEFITS

- Understand the importance of personal wellness and its role in the workplace.
- Cultivate a cohesive and healthy workplace culture; enhancing performance & productivity.
- Gain practical tools to enhance individual wellbeing.
- Develop a sense of personal & professional empowerment.

Course Overview

Throughout the course, your team will:

- Embark on a comprehensive journey that delves into both personal and team wellbeing.
- Explore various strategies and techniques that can be applied in daily life to enhance a sense of fulfilment and vitality.
- Embed the knowledge to cultivate a supportive and thriving team environment.



What's Covered?

Understanding the interaction between personal & workplace wellbeing - its impact on the individual and team dynamics.

Building Resilience - understanding the concept and develop techniques.

Communication & Collaboration - enhancing & strengthening skills & synergy.

Managing Stress - identify the stressors, how they impact all areas and ways to manage.

Promoting a healthy Working Environment - creating work-life balance & contributing to a positive work environment.

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'Wellness in the Workplace' - available in L1, L2 & L3

Bespoke to YOU