

Framework for Workshop

Taking control of YOUR health and wellbeing

How balanced is your life?

What areas of your life are creating stressors?

- o Using Wheel of Life Exercise you will establish where the areas of imbalance are
- o Recognising imbalance

How vulnerable to stress are you?

- o Exercise to find out
- o Defining stressors
- o Long term effects of living with stress

Becoming the Director of your own Wellbeing

How can we manage these stressors?

- o Manage your thinking
 - using the principles of the Avoid, Alter, Adapt or Accept
- o Manage your time
 - Exercise to determine how good your time management is
 - Using principles of Stephen Covey's Time Management Quadrant
- o Manage your health
 - Eating
 - Exercise
 - Alcohol

Mindfulness

- o What is it?
- o Why is it important?
- o How can I incorporate it into my life?

Taking control of your day, week, month & year

- o Setting Goals for the day, week, month and year
- o GOOP (Goal, Outcome, Obstacles, Plan) - your way to a happier YOU

Additional section for Managers:-

Challenges faced by a millennial workforce

- o How to reduce stress – by recognising the potential of the millennial employee
- o Mastering communication for effective teamwork
- o Increasing wellbeing and productivity within the millennial workforce

