

# core wellbeing

## Feed your potential



Maintaining a sense of wellbeing in the workplace is essential for people to operate effectively. Stress related illnesses, caused by excessive mental, emotional, or physical strains, are the reason for many lost days from the workforce. Individuals, who look after their physical body and employ techniques to calm their mind, can work more productively within pressured environments.

This program starts by clarifying personal priorities and helps participants learn about the nature of their mind and how different brainwaves frequencies can be used purposefully. The workshop experiences include meditation techniques, access to the ACT tool, which empowers people to take responsibility for themselves and the wellbeing planner, which assists in the improvement of the exercise routines. Modules can include:

- Understand the 3 stress types
- Define individual priorities
- Access the pareto principle
- Create wellbeing strategies
- Learn to change limiting habits
- Increase acceptance of others
- Understand brainwave patterns
- Learn meditation techniques
- Increase emotional intelligence
- Develop creative potential
- Improve focussing ability
- Respons-able action
- Say no to stressful situations
- Use the wellbeing planner

Each Core Practice is an experiential group workshop, tailored to directly align with your business culture & needs. They're effective separately, and can be combined to create long-term programs. The practices include:

- |                  |                    |
|------------------|--------------------|
| Core Time        | Core Strategy      |
| Core Coaching    | Core Projects      |
| Core Behaviour   | Core Teams         |
| Core Change      | Core Wellbeing     |
| Core Service     | Core Leadership    |
| Core Negotiation | Core Communication |



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