



WORKPLACE WELLNESS



BY ELITE INDIGO



Workplace Wellness

• Program Overview

In today's fast-paced work culture, maintaining a healthy work-life balance and prioritizing personal well-being is essential for sustained productivity and job satisfaction. Forbes magazine report post-pandemic we are experiencing a 'new kind of burnout' that is seriously jeopardising our wellbeing.

Burnout especially, 76% of employees and 96% of leaders experiencing burnout at some point in their careers, it seems obvious that preventing burnout and looking after our wellbeing should be a business priority for all – but what does that look like? So, what can we do about it, as employers and employees?

• Learning Objectives

By the end of the course, participants will be able to:

1. Understand Stress and Burnout – Recognizing the signs and symptoms. Exploring the impact of stress and burnout on performance and well-being
2. Time Management – Manage Priority with Eisenhower Time Matrix
3. Self-compassion & Self Care – are your 'S.E.E' (sleep, eat, exercise) align with the 'Human Design' Modal? Introduce the IKIGAI Rules of Longevity and Happiness
4. Emotional Management – using Emotional Journaling to track your emotional state and analyse your emotional trigger. Pattern Interrupt and State Management Technique allow an instant shift to the desired peak emotion
5. Mindset Management – Reframing negative thoughts and the power of words (POW) at the subconscious level to build a resilience mind. Develop a growth mindset with Possible-Positive belief

• Duration One (1) Full-Day Workshop;



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- **Methodology**

Best Learning happens in the moment of joy. Training is delivered in an experiential way, with interactive lessons, group discussion in an environment that facilitates accelerated learning and application. The trainer will facilitate discussion of challenges of the professional and personal life of participants.

- **Program Value Proposition**

This course incorporated the NLP techniques as an advanced tool used by many successful professionals, to enhance the effectiveness of the course

Participants will learn, practice, and assimilate these skills into their daily activities until they become unconsciously competent in these skills.

- **Target Audience**

Executives, Engineers, Managers & HODs. Anyone who needs to cope with stress and burn-out to have their well-being at the peak state



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• Course Schedule (Day 1)

DAY/TIME	Description
30 Minutes	Welcome and Introduction & Program Overview <ul style="list-style-type: none"> • Break The Ice Game!
1 Hour	Module 1: Workplace Stress & Energy Drains <ul style="list-style-type: none"> • Understand Stress and Burnout • Recognizing the signs and symptoms • Exploring the impact of stress and burnout on performance and well-being Activity: Group discussion
1 Hour	Module 2: Emotional Management <ul style="list-style-type: none"> • Emotional Journaling to track your emotional state and analyse your emotional trigger. • Pattern Interrupt to break the unresourceful state • State Management Technique allow an instant shift to the desired peak emotion Activity: Group Activity
1 Hour	Module 3: Mindset Management <ul style="list-style-type: none"> • Growth Mindset - Reframing negative thoughts • Power of words (POW) at the subconscious level • Resilience mind - Develop the Possible-Positive Belief Activity: Group Activity
1 Hour	Lunch

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• Course Schedule (Day 1 Continuation)

DAY/TIME	Description
1 Hour	Module 4: Time Management <ul style="list-style-type: none"> • You don't manage time, you manage Priority • Manage Priority with Eisenhower Time Matrix • Manage Your energy for Peak Outcome Activity: Build your Eisenhower Matrix
1 Hour	Module 5: Mental Agility & Resilience <ul style="list-style-type: none"> • Wheel of Life assessment – What is your focus? • 'Human Design' and your 'S.E.E' (sleep, eat, exercise) pattern • Introduce the IKIGAI Rules of Longevity and Happiness Activity: What is Your Outlook -Wheel of Life
1 Hour	Module 6: Reflection & Sharing <ul style="list-style-type: none"> • What is your Daily Hi-5?
30 Minutes	Celebration, Learning Recap, Assessment, Photo Session (CLAP)

ABOUT ELITE INDIGO

We are dedicated to empowering businesses to achieve their full potential. With a team of seasoned professionals and a wealth of industry experience, we offer tailored consulting services to help organizations overcome challenges and seize opportunities.

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Dive into the cutting-edge world of AI, exploring algorithms, data analysis and more.



TECHNICAL SKILL

Sharpen your technical prowess from programming, software and more.



SOFT SKILL

Develop essential interpersonal skills to excel in any professional setting.



LEADERSHIP SKILL

Unleash your leadership potential with our Leadership Skills course



TEAMBUILDING

Understand the dynamics of teamwork, communication, and synergy

