'Nurturing Individuals and Building Strong Teams'

T-A-B Think Act Be
Training Solutions

Level 1: Awareness Training

Wellness in the Workplace



3 Hours | Contribution to CPD hours | Virtual or face-to-face | Bespoke to organisation

COURSE BENEFITS

- Understand the connections between personal and workplace wellness.
- Recognise how a healthy workplace culture boosts performance and productivity
- Gain an insight into the tools and techniques available to enhance wellbeing.
- Foster a feeling of personal and professional wellness.

Course Overview

Throughout the course, your team will:

- Gain an understanding of the dynamics between both personal and team wellbeing.
- Acquire insights into the tools and techniques that can support overall Wellbeing.
- Learn to identify and manage internal and external pressures in order to enhance personal and workplace wellness.

What's Covered?

- **Understanding the interaction between personal & workplace wellbeing**
- **The importance of building resilience, effective communication and self awareness**
- **The impact of stress, anxiety and negative behaviours**
- **Promoting a healthy Working Environment**



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Bespoke to YOU

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