

Wellbeing - The Work life Balance

Keeping your mind and body healthy in and out of work is key. Get some tools and techniques for doing just that.

No Modules: 3

Duration: 45min

Level: Introductory

Module 1: Everyday Energy

What's covered?

Our everyday lives can be very demanding and therefore sustaining energy levels can be quite a challenge. This module explores the four key areas of energy, physical, emotional, mental and spiritual and looks at how these energy levels can be increased and maintained.

Module 2: Healthy Living

What's covered?

This module explores the importance of a healthy diet, exercise and sleep and the influence each of these have on an individual's health and wellbeing. We will look at a variety of food types and what makes a healthy lunch box. We will explore the benefits of exercise and finally look at some methods for improving the quality and quantity of your sleep.

Module 3: Positive Thinking

What's covered?

Positivity is not about having your heads in the cloud, it's about recognising the negative aspects of a situation and choosing to focus on the opportunities instead. As a positive workforce is a more productive workforce, this module explores the power of positivity in the workplace and how it can be improved.