



## OVERVIEW

## OBJECTIVES

Many people find themselves stressed at work and there are usually a number of contributing factors. Diet and exercise play a role, but there's more than that. There are things like resilience and the support that employees have around them. All factors that can impact our personal wellness. Wellness is an active process of becoming aware of, and making choices towards, a healthy and fulfilling life. It is more than being free from illness, it is a dynamic process of change and growth.

Wellness includes different areas, or dimensions in our lives which contribute to our overall state of wellness. There are several different ways these dimensions have been divided up, but a useful starting point is the six dimensions of wellness. These are; Occupational, Physical, Social, Intellectual, Spiritual and Emotional Wellness.

This course sets out to provide learners with an awareness of their own wellness and what they can do to effectively manage their wellbeing. There is also support to managers in helping employees focus on their wellness.

- Understand the concept, history and importance of wellness
- Examine the six key areas of workplace wellness and identify your own strengths in each of the areas
- Explore Prochaska's stages of change with a video
- Identify where support is needed and why it is important
- Understand goal setting and use resources to help achieve wellness
- Explore support for managers in promoting and supporting wellness in the workplace



### DURATION

50 minutes. Including interactions and downloads.



### AUDIENCE

Workplace wellness affects everyone. Therefore, this e-learning course is suitable for a wide array of learners.



### CERTIFICATION

Upon completion of the course the learner will receive a CPD certificate.

