



# THE SCIENCE OF Wellbeing

With emotions going through unprecedented highs and lows, keeping your workforce's wellbeing in check is now more important than ever. For Leaders and teams, understanding emotions in ourselves and others is central to improving wellbeing and business productivity.

## OUTCOMES

- ✓ Understand Emotional Intelligence
- ✓ Become More Confident
- ✓ Increase Energy, Vitality and Focus
- ✓ Form Healthy Habits

## VIRTUAL LEARNING SCHEDULE

### MODULE 1

The Science of Enhancing Wellbeing

### MODULE 2

Improving wellbeing with physical and environmental strategies

### MODULE 3

Improving wellbeing with thinking strategies

### MODULE 4

Improving wellbeing with social strategies



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**0409 145 898**



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## WHAT TO EXPECT

- Four powerful, interactive instructor-led sessions.
- Immersive experience featuring breakout rooms, group discussion, polls, and chat.
- A unique digital workbook to capture insights, support note-taking and development planning.
- Optional: Genos Emotionally Intelligent Assessment provided during the program to kick start and support emotional intelligence development.

*"I always thought of myself as 'well' because of was physically fit and made good food choices.*

*After suffering work-related burnout and rebuilding my health I see things differently. The Science of Wellbeing program introduced me to a broader understanding of wellbeing – especially mental and social wellness.*

*The program allowed me to choose a few meaningful and relevant actions that I put in place and monitor regularly.*

*I know now that my confidence, interactions at work, ability to plan and prioritise all comes down to how my wellbeing is going. I am forever grateful for this course."*

Participant 2021

All sessions are conducted via Microsoft Teams or Zoom and each participant needs access to a laptop with microphone and camera for full interactive experience.

The objective of this program is that attendees will feel more confident and capable, boost relationships with others, increase physical vitality, and their sense of accomplishment and personal fulfilment in life.



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