

# Employee Health & Wellness

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## THE TRAINING COURSE

Wellness programs are becoming common in Australian workplaces – and for good reason! When you think that the average adult spends one-third of their life at work, it makes sense to target health promotion strategies at the workplace. In this training course we will explore the four dimensions of wellness and offer strategies that you can incorporate into your daily lives to enhance your health and wellbeing.

## COURSE CONTENT:

By participating in this professional development training course, you will:

- Demonstrate knowledge of Occupational Health and Wellness, its impacts, our stress response, strategies and possibilities for recovery
- Define Occupational Health and Wellness knowledge of potential risk and protective factors.
- Understand the multifaceted role of Emotional and Social Wellness.
- Approach Employee Health and Wellness with resilience and growth.
- Be equipped with take home tools to develop a personal wellness plan, along with a 21 day wellness journal

## CREATING A CULTURE OF WELLNESS

- What is a culture of wellness?
- What is a healthy workplace?
- Four dimensions of wellness
- The wellness wheel
- Our challenge to you

## MODULE 2: EMOTIONAL WELLNESS

- What is emotional wellness in the workplace
- Establishing an empathetic workplace culture
- Managing Stress in the Workplace
- Managing stress during COVID-19
- Building resilience
- Resilience: Emotional strategies
- TED Talk: The Power of Vulnerability
- Self regulation and embodied self care

## MODULE 1: PHYSICAL WELLNESS

- What is physical wellness
- Taking care of your physical body
- The workplace and our physical health
- The benefits of stretching
- Workspace at home
- TED Talk: The Brain Changing Benefits of Exercise
- Food and mood
- Getting a good nights sleep
- Alcohol and drug consumption

## MODULE 3: SOCIAL WELLNESS

- What is social wellness in the workplace
- How organisations can increase social wellness
- Workplace bullying
- Building positive workplace relationships
- Relationships during COVID-19

## MODULE 4: OCCUPATIONAL WELLNESS

- What is occupational wellness
- Why occupational wellness matters
- Mentally healthy workplaces
- Examining your strengths and values
- Creating Alignment in your career
- SMART professional development goals
- Occupational wellness during COVID-19

## RESOURCES:

- Managing emotions
- Reframing your thoughts
- The Wellness Wheel
- Tracking your triggers
- Action Plan
- 21 Day Wellness Journal