

Stepping Stones to Wellbeing

The Keys to Wellbeing & Emotional Intelligence: Increased Resilience to work with Challenges

Build Resilient People & Resilient Teams- People Who Flow With Life's Challenges

Module 1: Nonnegativity– Realistic Optimism

How our views on the world guide our actions and influence outcomes. The skills this workshop offers empower and assist you to remain focused on building positive relationships and achieving goals. Here we will discuss the power of positive language and being assertive. We explore deficit thinking and the impact this has on your life and reality.

Module 2: Capacity to thrive– motivation/inspiration of self and others

This final module brings together all the skills we have been practicing. We will find an awareness of how we make a difference in our own life and the lives of others.

One of the areas we will cover is maintaining motivation by navigating the up and down cycles of life.

Module 3: Self Awareness

Responsibility for outcomes

“Only you can control your future.” Dr Seuss

This module delves into facing reality. What can we control? How we can change our perception of a situation if not the situation itself.

Self Perception

This module is all about self-acknowledgement and self-recognition. It includes increased awareness of (among others) your triggers, self-beliefs and strategies.

Module 4: Connectivity

This module builds on the awareness developed thus far and explores the importance of connecting and our impact on others. We will look at some of the aspects of working with others and maximizing these relationships. Using some of the skills from the previous week we will develop positive communication patterns and conflict resolution.

In all modules we will discuss and prepare action plans for reaching goals and manifesting changes.

Time requirement: 2 full days or 4 half day workshops

Expected Outcome:

A Resilient organisation consistently:

- Shows innovative thought and stands out in the market place
- Has low attrition rates with well developed leaders in the field
- Remains focused and executes its goals and strategies effectively
- Navigates setbacks and growth
- Actively encourages wellbeing on both organisational and individual levels
- Has more resilient employees to stress/ change
- Has employees who take responsibility for outcomes
- Sees increased organisational citizen behaviour and loyalty

Resilient Individuals bounce with life's challenges:

- Increase resilience to work with challenge
- Discover strengths
- Understand the power of language as a motivator
- Raise your performance level & gain a sense of wellbeing
- Develop new skills to increase resilience & adopt a proactive approach to stress & awareness
- Improved communication skills through emotional intelligence training