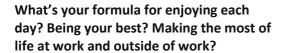
## the heart of wellness Day

"Give a man a fish, and you feed him for a day.

Teach a man to fish, and you feed him for a lifetime."

Lao Tzu



Happy, healthy and well workplaces and homes happen when the people inside them feel happy, healthy and well.

## How can you achieve that?

By embracing the opportunity to be the best version of yourself and focussing on what you want in work, health and life.

Evidence-based research plus personal and team experiences continue to confirm the benefits of being enthusiastic, engaged, resilient and well – in workplaces and every role in life. Yet it often takes some form of catastrophe - accident, illness, injury or serious (life) event - to prompt action.

### The program

The day starts with an activity - kayaking or abseiling, pottery or water colour painting – taking you away from the day-to-day. After a break you'll work on your Wellness Ethic - to support your Work Ethic – plus a personal roadmap for your high quality life. You'll walk away with an Action Plan, plus tools to support you being your best in each role you play in life.

**Follow-up content** will guide you until we meet again at the follow-up.

**The follow-up** is where we'll review Action Plans, plus cover ways to stay on track.

# Ready to find out more or book? Contact Anne today:

P: +61 493 119 721

E: answers@livepresent.com.au
W: www.livepresent.com.au

#### Here's what we'll cover:

- How emotions have a ripple effect in life – and ways to manage them instead of them managing you.
- The impact of life events and how we react and respond.
- Why what you think, what you say to yourself and others - and being kind to yourself - matters.
- How financial wellness silently influences your life – and isn't about your bank balance.
- How to apply the Wellness/
   Wellbeing Barometer to your life.
- Why energy and movement are essential each day.
- Practical, easy-to-follow guidelines and reminders of simple things to do daily to inspire you – for life!

## And what you'll work on:

- Increasing emotional health and fitness.
- Skills for juggling roles and nurturing relationships.
- Communicating for clarity, engagement, understanding and improved health and wellness.
- Developing your Wellness Ethic.
- Smart rules for financial wellness.
- Managing priorities, coping with hurdles/setbacks, staying on track.
- Your heart of wellness personal vision and Action Plan for your life.

### the heart of wellness Day includes:

- Pre-program contact or content
- Creative or physical activity
- WorkBook and Action Plans
- Follow-up content until follow-up
- Follow-up 1.5hrs (may be online)



