

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



What’s your formula for enjoying each day? Being your best? Making the most of life at work and outside of work?

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:

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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)

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Success + Wellness in Life + Work

