

the heart of wellness

***“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



Healthy and well workplaces and homes don't just happen. They happen when people embrace the opportunity to be the best version of themselves. To develop their version of a high quality life.

At work, people are the most important bottom line – engaged, resilient, well people support Processes: Profit follows. In life and at home it's the same principle.

Evidence-based research continues to confirm it. Yet it often takes some form of catastrophe - accident, illness, injury or serious (life) event - to prompt action.

the heart of wellness program

This program helps you develop your version of a high quality life. A Wellness Ethic to support your Work Ethic, plus a personal roadmap for success and wellness in your life and work.

At work? You'll develop a stronger internal and external customer-focussed culture based on healthy communication and wellness.

Program Formats

Essentials: The Getting Started Kit

Tools: The Complete Toolkit

heart of wellness Day: includes activity.

Individual Coaching and Support

heart of wellness 12month follow-up

Foundations for Success and Wellness[^]

[^] Combines heart of wellness & healthy conversations Tools

Ready to find out more or book?

Contact Anne today:

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Here's what you'll learn:

- How emotions have a ripple effect in life – and ways to manage them instead of them managing you.
- The impact of life events – and why reactions and responses are important.
- Why what you say to yourself - 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.
- The vital missing ingredients that derail most energy and resilience-seeking efforts.
- 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 visions for your high quality life.

All programs include:

- Pre-program contact
- WorkBook and Action Plans
- Information between sessions
- Follow-up session

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Success + Wellness in Life + Work

