



Work & Life Balance

Getting the most out of you, your work and your life

Full Day Course
9:00am – 4:00pm



Course Details:

Booking Information:

To reserve a place in this course please contact Envisage Training or visit our website to enquire online.

Envisage Training:

- Computer Training
- ICT & Software Applications
- Instructor-Led Online Training
- Professional Development
- Room & Equipment Hire
- Training Needs Analysis

Delivery Modes:

- Scheduled Courses
- In-House & On-Site
- Instructor-Led Online Training
- Customised Courses



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Duration:

1 Full Day

Who should attend:

This course is designed for individuals who wish to get the most out of their life, both at work and play. Essential workshop for workers and management leading towards reducing sick leave and increasing productivity and self-efficacy.

Related Courses:

Why not extend on what you have learned in this course? Envisage Training's basic, intermediate, and advanced courses will provide you with the training needed to give you every advantage.

- **Health checks**
 - Individual checks on blood pressure, blood glucose level and cholesterol levels plus body fat analysis.
- **Corporate Exercise**
 - Step challenge or group exercise sessions.
- **Building Working Relationships**
 - Personal development, Communication

Topics Covered:

Work/Life Balance

1. Regain the love of life
2. Identify what Work/Life Balance means to you.
3. Identify why balance is essential.
4. Identify how balanced you are.
5. Eliciting personal values.
6. Goal setting supported by your values
7. Design your ideal life

Physical Well Being

1. Identify key concepts of physical well being.
2. How exercise is vital for good health.
3. Aerobic exercise – why, how, when.
4. Resistance exercise – why, how, when.
5. Back and shoulder care.
6. Incidental exercise – why, how, when.

Nutrition

1. Put the zing back in your day.
2. Key concepts of nutritional health.
3. Reduce fatigue and illness.
4. Improve immune system.
5. Emotional/habitual eating – learn to stop.
6. Weight management.
7. The right eating plan for you.
8. Glycaemic index – stop the 2pm lethargy.

Work Station Workout

1. Designed to overcome common pain associated with work.
2. Ease and prevent back, shoulder and neck pain.
3. Identify causes of back, neck and shoulder pain.
4. Assess the ergonomics of your workstation.
5. Learn exercises and stretches to ease and prevent further pain and discomfort.
6. Reduce lost time due to muscular pain.
7. Increase productivity.

Stress Management

1. Individual life crisis score.
2. How this impacts on your life.
3. Identify what stress you have.
4. Identify how you react to stress.
5. Real life strategies to regain balance and decrease stress.
6. Strategies to work effectively with others
7. Improve your productivity.
8. Personal effectiveness.
9. Learn to say 'no'
10. Meditation – how it impacts on your life.
11. Meditation techniques.
12. Techniques for sound sleep.

