

Wellbeing Intensive Workshop for Staff

This programme focuses particularly on supporting individuals by providing a range of opportunities for participants to experience different ways to de-stress, leaving them feeling inspired, very relaxed and with new understanding about how to support themselves during challenging times.

Sample training programme: half day session
Suitable for all employees.

Aims:

- to provide participants with an overview of what stress is and how it affects us
- to explain the strategies that can promote wellbeing and improve our resilience to stress
- to provide participants with the opportunity to personally experience the benefits of relaxation using several different methods using the body, therapeutic touch and the mind.
- to demonstrate the power of positive thinking in wellbeing.

Objectives:

At the end of the workshop participants will:

- understand what stress is and how it differs from pressure
- appreciate how stress can have a negative effect on our physical, emotional and psychological health
- understand the strategies they can use to promote their own health and wellbeing
- have had the opportunity to experience a range of different methods to create a state of relaxation such as:
 - breathing well*
 - physical stretches and body awareness*
 - visualisation and guided meditation*
 - therapeutic hand massage*
- understand how positive affirmations and thinking can help them to approach stressful situations more positively.
- be able to use some quick, practical techniques in the workplace
- be more able to understand and support others at work experiencing stress