



Psychological Health & Well-Being Training (PHeW)

Free Choices

Healthy Work-Life Enhancement

In an ever changing and challenging world it's easy to become distracted by the continuous things that stream through our lives. We can lose the balance between the demands of the things, which we believe need to be done and the things that bring enjoyment and deep meaning in to our lives. A greater focus on aspects, which promote positive health and well-being are necessary and important for the promotion of our sustainability, happiness, as well as our personal and work satisfaction.

Programme Brief

Our trainers work with you to develop knowledge, practical skills & awareness in areas such as:

- ✓ Establishing a Healthy Work-Life Balance Culture
- ✓ Learning practical ways to promote Health & Well Being at home and at work
- ✓ A healthy and balanced road for your Career Development
- ✓ Building Resilience
- ✓ Techniques in effectively dealing with Work & Personal Challenges
- ✓ Identification implementation of strategies to promote Engagement of staff
- ✓ Effective Work Load Management
- ✓ Managing Anxiety, Stress or Burnout
- ✓ Developing Mental Health Awareness & Support Strategies
- ✓ Strategies to promote Positive Work Engagement
- ✓ Maintaining Healthy minds & healthy bodies

Delivery of the Training

Training will be interactive and experiential. This is in order, to promote engagement, motivation and significant learning or change. Focus will be on developing participant's awareness, as well as, the daily practical application of the knowledge and skills learnt