

Cultivating Well-Being

On-Site or Virtual



This course approaches productivity and performance through the lens of well-being. The course is focused on the beliefs and methods that contribute to greater well-being and productivity through better energy, focus, and balance. Blended with the latest science, participants will learn habit-building steps that are easy to adopt and support long-term sustainable wins.

This course can be delivered in three different ways:

- On-site in 4.5 or 8 hours with a one-hour virtual follow-up webinar one month later
- Virtually in 4.5 hours with a one-hour follow-up webinar one month later
- Virtually over 4, one-hour webinars, timed one month apart

Participant Takeaways

“This will help me to be more focused and present.”

“I was reminded of the importance of taking care of myself and remaining balanced.”

“I learned the effect of stress on my body and professional life.”

Course Outline

Energy

Increasing energy by improving hydration, getting higher-quality sleep, and building in regular exercise and movement.

Focus

Improving focus by reducing distractions, why multi-tasking doesn't work, learning how to disconnect.

Balance

Creating better balance through self-reflection, learning how to be more present, and practicing gratitude.

Sustainability

Working with new, positive beliefs and habit-building steps that create meaningful results, personally and professionally.