

Managing your Wellbeing

Simply defined, the term 'wellness' can be described as 'the quality or state of being healthy in body and mind, especially as the result of deliberate effort'. It is a conscious, self-directed and evolving process of achieving full potential, encompassing lifestyle, mental and spiritual wellbeing, and the environment.

Wellness is seen as the sum of all the positive steps you take to lead a healthier life and depends on your physical, social and mental state. These positive steps are often overlooked by lawyers, ignored as the emails keep mounting, neglected as the final contract needs proofing, but they are important to live a healthy and happy life.

This training course will look at how to manage your wellbeing, irrespective of your workload and the ever-growing to-do list, encourage it in the workplace and examine the importance of work-life balance.

Course objectives:

- ✓ Define wellness and its importance in the workplace
- ✓ Practice rational and positive thinking
- ✓ Apply to six dimensions of wellness
- ✓ Explain the importance of work-life balance
- ✓ Describe the business case for wellness