



# WORKFIT WELLNESS



REINVENTION  
BUILDING BOLD AND BRAVE ORGANISATIONS



AN HOLISTIC APPROACH TO  
LIFE AND WORK



## IMAGINE KNOWING THE SECRET...

How would it feel to achieve consistent peak performance even in the face of rapid change and overwhelming demands? Resilience and agility are the most important psychological attributes for sustained high performance in both work and life. They are the ability to think, move and change quickly and with clear focus in all situations including the most stressful circumstances.

Drawing from the fields of performance psychology, exercise physiology and nutrition, you will discover the four components of effective resilience, and will leave with a new understanding of what it takes to be an agile and mentally tough performer at work.

This multidimensional, holistic approach to building mental and physical resilience will fundamentally alter perceptions about what it really takes to become an elite business performer.

This whole-of-person program encompasses all aspects of self and personal wellness from physical, emotional, mental acuity to spiritual awareness. It is intended for individuals or teams with a strong interest in overall wellness that want to increase their resilience, better manage their energy and develop techniques on how to thrive in an ever-demanding work environment.

Medicare rebates available for group sessions



### PROGRAM DETAILS

#### Pre-workshop

- Completion of a health & wellness assessment and fitness test to serve as a baseline measure to guide your development
- Track meals and record in a nutrition journal for two weeks prior to the workshop
- Pre-reading of related articles and thought-leadership

#### Workshop

- In the classroom and on-the-field training
- Manual provided

#### Post-workshop

- Option for continued one-on-one coaching to reinforce your learning and personal resources

## LEARNING OUTCOMES

With a focus on health and well-being at work you will work with top clinical and workplace psychologists and sports professionals and learn how to:

- Stay focused in the face of work and personal distractions
- Remain motivated following performance setbacks
- Thrive on pressure- the importance of recovery is introduced
- Manage energy across the four dimensions of peak performance: physical, emotional, mental, and spiritual - energy management is linked to high mental acuity, peak performance and life happiness
- Get physically fit to perform at peak at work – you will train your bodies in the session
- Fuel your body to maximise peak performance – what to eat and how to prepare nutritious meals
- You will know how to boost your emotional life through the quality of your relationships and support networks
- You will explore your own spirituality and build rituals to renew your mental and physical focus and energy for sustained well-being
- You will learn and practice mindfulness techniques