

The Wellbeing and Performance 6-pack

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The Wellbeing and Performance 6-Pack

A programme to build people's psychological wellbeing, resilience and performance

Six one hour sessions delivered in a single day in alternate months over a period of a year

Available to all employees on a turn up and go basis

The day of the week and timing of sessions within the day will be rotated to help staff attend their preferred sessions whatever their work pattern

Each session will provide techniques and tools for participants to use in the session and to take away for their own use whenever they wish

Some sessions reinforce others on the understanding that people will not attend all the sessions on the same day

Provides top quality speakers on their topics in a highly cost-effective way

A menu of sessions to select from to suit different priorities and corporate cultures

Sample sessions are:

Session 1 – Building and sustaining wellbeing

Mental wellbeing

Everyone's mental wellbeing is built around:

- Attachment and trust
- Empathetic communication and relationships
- Identity and belonging
- Containment, security and discipline
- Value, meaning and purpose
- Resilience and self-determination
- Satisfaction and pleasure.

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Physical wellbeing

The relationship between good physical exercise and mental wellbeing is well established. Simple exercises to raise the heart rate will be described and applied.

Emotional wellbeing

The ability to express emotions is, also, a central feature of wellbeing. Encouraging the expression of emotions is an aspect of working life that may be different, but fundamental to performance.

Threats to wellbeing and performance

The three levels of threat to our wellbeing and performance – ourselves, events and the breakdown in interactions.

Session 2 - Introduction to Nutrition and Stress-Resistance

The Chemistry of Stress

What happens in the body when we react to a stressful thought or event? We describe what happens when stress chemicals are released and how this diverts energy from the body's normal tasks of repair and maintenance like digesting and detoxifying. Net effect: every minute someone spends in a state of stress accelerates aging rapidly!

The Adrenal Glands and Stress

The role of the adrenal glands in exacerbating and buffering stress will be outlined and the importance of balancing adrenal hormone production to build stress resistance and general feelings of calm and wellbeing. The later session on blood sugar control will be introduced via a description of the effects of poor blood sugar control on adrenal function and therefore stress levels.

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Session 3 – The energy robbers

Why You Need to Control Your Blood Sugar Levels

How stress chemicals upset blood sugar levels, which are further upset by eating and drinking habits, legal (including alcohol and smoking) and illegal drugs.

This will cover the symptoms of poor blood sugar control, which has a major effect on our productivity and efficiency: poor concentration, sleepiness, brain fog, confusion, poor memory, irritability, headaches, insomnia, and inability to wake up properly, for example.

- Which substances leave us empty of energy
- The energy equation
- The right kind of carbohydrates in combination with good quality protein;
- Which foods give us an optimal intake of certain essential nutrients
- The need to avoid substances which are stimulants and depressants

The Anti-Stress Diet

Fast-releasing sugars create a state of stress in the body and trigger the release of cortisol. Here fast-releasing carbohydrates will be described, along with the preferable slow-releasing alternatives which will give sustained energy and help buffer stress. Participants will be given a menu planner to take away which shows how to put these principles into practice in meals and snacks.

Session 4 – Thriving on change

Changing Us

“Every man would change the world” No man would change himself” – Tolstoy

In order to get better results we have to change what we do. This is likely to require a change in thinking and shift in beliefs, particularly about ourselves.

- Earl Nightingale’s strangest secret
- Developing an open mind
- Unleashing creativity

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Session 5 – Boosting confidence

Developing bullet-proof beliefs

Confidence is a mind game. It's about believing in you; of having a strong self-efficacy. You are what you think.

Setting confident goals

Establishing a confident future will motivate you into action.

Behaving with confidence

We all act. We can learn to act confidently even if we are feeling low. Acting with confidence draws people to you and builds your personal esteem.

Dealing confidently with setbacks

We can all become our inner coaches, and train ourselves to see setbacks as challenges to overcome.

Session 6 – Building resilience

Tips for coping with stress

Ten tips for coping with stress will be described and applied

Cognitive behaviour therapy – an introduction

When faced with continuous pressure that turns to strain, the use of CBT as a means of reducing the strain and preventing it turning into stress is an invaluable tool. CBT can be applied to ourselves by following some steps and regaining personal control during the process.

Personal vision and values

Establishing a clear idea of the future and our values builds resilience against events.

“You have to stand for something, or you'll fall for anything”

Call 0845 833 1597 or email info@orghealth.co.uk for more information