

WELLNESS@WORK®

Stress, pressure and uncertainty are a strain on our bodies and our minds so to navigate our lives effectively, we need to be at our very best. When we get this right we are happier, healthier, mentally sharper and overall, we are more successful.

This masterclass for FITT members shares the evidence, the neurology of performance and practical tools to support you to boost your own wellness profile. In doing so, you'll be at your best both in and out of the office.

WHY IS THIS IMPORTANT?

People with higher wellness profiles experience the following:

- ✓ Lower stress levels
- ✓ Increased performance & productivity
- ✓ Greater mental alertness & agility
- ✓ Lower fatigue & more energy
- ✓ Greater creativity and innovation
- ✓ Higher self esteem
- ✓ Better problem solving
- ✓ Fresher & more youthful appearance
- ✓ Greater life and career satisfaction.



YOUR WELLNESS TOOLKIT

The following topics will be covered in the session:

- Stress and performance
- The brain at work
- Managing emotional threats
- The 6 cylinders of wellness
- Wellness scorecard and action plan

DETAILS

DATE: Thursday 13th August
TIME: 12-1pm

FACILITATOR

Christopher Paterson is managing director of ALCHEMY Career Management. With a background in business psychology and 18 years of international HR consulting and coaching experience, Christopher is passionate about facilitating success with wellness as the key element.