

Creating a Culture of Wellbeing

Interpersonal Skills



11386



In-Class



8 hours



EGP 3,450

Course Description:

The course is designed to help employees enhance their physical, mental, and emotional wellbeing. Through practical activities, self-assessments, case studies, and group discussions, participants will develop resilience, manage stress effectively, adopt healthier habits, and create sustainable strategies to improve wellbeing, productivity, and work-life balance.

Target Audience:

This course is designed for employees at all organizational levels

Course Objectives:

By the end of this program, participants will be able to:

- Explain the key dimensions of holistic wellbeing and assess their own wellbeing to identify opportunities for personal growth.
- Apply practical techniques to manage stress, build resilience, and maintain a positive mindset in both personal and professional settings.
- Develop healthy lifestyle habits that promote physical wellbeing, mental wellness, and sustained energy to enhance overall performance.
- Demonstrate effective communication and collaboration practices that foster psychological safety, strengthen relationships, and support work-life balance.
- Create a personalized well-being action plan with realistic goals and sustainable strategies to maintain long-term well-being and continuous improvement

Course Outline:

Module 1: Foundations of Wellbeing

- Understanding the dimensions of wellbeing
- Increasing self-awareness
- Conducting a personal wellbeing assessment

Module 2: Building Resilience

- Understanding stress and its impact
- Practical stress management techniques
- Developing a positive mindset
- Strengthening emotional resilience

Module 3: Healthy Habits

- The importance of quality sleep
- Nutrition for health and performance
- Incorporating movement into daily routines
- Managing energy for sustained productivity

Module 4: Connection & Balance

- Building Psychological Safety
- Enhancing communication and relationships
- Achieving work-life integration
- Fostering a supportive workplace culture

Module 5: Personal Wellness Action Plan

- Setting realistic wellness goals
- Creating healthy and sustainable habits
- Building accountability for long-term success
- Developing a 30-day personal wellness commitment

Assessment Strategy:

Participants will be informally assessed based on their interaction during sessions and their participation in the group exercises.

Course Language:

- Training Material: English
- Facilitation: Bilingual

Prerequisites:

None