



CENTRAL BANK OF EGYPT
Egyptian Banking Institute

The Healthy Edge: Wellness Strategies at Work

Interpersonal Skills



10527



In-Class



16 hours



EGP 7,575

Course Description:

This course equips employees and managers with the knowledge, skills, and practical tools to take charge of their wellness at work. Participants will explore the history and principles of wellness, learn strategies to cultivate positive thinking, manage stress, maintain work-life balance, and build resilience. The course emphasizes applying the six dimensions of wellness to personal and professional life, creating actionable plans, and fostering a culture of well-being in the workplace. Participants will leave with a personalized wellness action plan and practical strategies to enhance engagement, performance, and mental health at work.

Target Audience:

Employees at all levels.

Course Objectives:

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

- Define wellness and explain its importance for individuals and organizations.
- Recognize the six dimensions of wellness (occupational, physical, social, intellectual, spiritual, and emotional) and assess their own wellness across these dimensions.
- Develop self-awareness by identifying negative thought patterns and applying strategies for rational and positive thinking.
- Apply techniques for work-life balance to reduce stress, enhance well-being, and improve personal and professional effectiveness.
- Create a personalized Wellness Action Plan (WAP) to proactively manage stress, mental health, and overall wellness.
- Understand the business case for wellness and how employee well-being affects performance, engagement, and organizational culture.
- Identify ways managers and organizations can support wellness and develop strategies to foster a culture of health and resilience in the workplace.
- Demonstrate practical skills to maintain and enhance personal and team wellness through goal setting, self-care practices, and positive workplace behaviors.

- Develop a personalized wellness action plan by identifying stress triggers, recognizing early warning signs, and applying effective coping strategies with appropriate workplace support

Course Outline

Module One: Introduction to Wellness and Its Importance

- Definition of wellness
- Evolution of the wellness concept
- The importance of wellness in the workplace

Module Two: The Evolution of Workplace Wellness

- Historical milestones in workplace health
- Contributions of early occupational health pioneers
- Industrial Revolution's impact on worker health
- Emergence of corporate wellness programs
- Modern employee assistance programs (EAP)

Module Three: Thought Awareness and Self-Awareness

- The role of self-awareness in wellness
- Identifying negative thought patterns
- The impact of cognitive patterns on well-being
- Thought awareness techniques (reflection, journaling)

Module Four: Rational and Positive Thinking

- Cognitive reframing techniques
- Rational thinking for stress management
- Developing positive affirmations
- Transforming negative thoughts into constructive ones

Module Five: The Six Dimensions of Wellness

- Occupational wellness
- Physical wellness
- Social wellness
- Intellectual wellness
- Spiritual wellness
- Emotional wellness



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Module Six: Self-Assessment of Personal Wellness

- Wellness self-evaluation questionnaire
- Personal reflection on current habits and lifestyle
- Identifying wellness strengths and improvement areas

Module Seven: Goal Setting for Personal Wellness

- Setting meaningful wellness goals
- Aligning goals with wellness dimensions
- Developing personal improvement objectives

Module Eight: Workplace Wellness & Work-Life Balance Strategies

- The business case for corporate wellness
- Impact of employee well-being on engagement and productivity
- Organizational strategies for supporting wellness
- Managing work and personal responsibilities
- Reducing digital overload
- Stress reduction through lifestyle management
- Practical techniques for maintaining balance

Module Nine: Creating a Personal Wellness Action Plan

- Identifying personal stress triggers
- Recognizing early warning signs
- Developing coping strategies
- Designing a personalized wellness plan
- Manager support and communication

Assessment Strategy:

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

Course completion will grant participants:

1.3 CEUs

Course Language:

- Training Material: English
- Facilitation: Bilingual

Prerequisites:

None