

WELLNESS ORBIT

Wellness Orbit is a world class digital mental wellness destination for companies. Membership enables your staff to access e-trainings whenever and as often as desired. Companies benefit from a truly wonderful and competitive price per participant. Now digital is even better than live.

PERFORMING UNDER PRESSURE



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Session 1: FOCUS, AWARENESS AND ATTENTION

Session 2: MAKING MOST OF TIME AND RESOURCES

Session 3: A NEW WAY TO HANDLE STRESS

Session 4: PREVENT BURNOUT AND FATIGUE

Session 5: PERSONAL RESPONSIBILITY AND TEAMWORK

Duration of one video is ca 45 minutes

No 1
workplace health problem today is stress
US Centres for Disease Control

86%
is the overlap between burnout and depression
Journal of Clinical Psychology 2015

> 55h
workweek ↑ the risk for CV diseases by 33% and is bad for mental capability
Meta-analysis by University College of London, 2015

63%
employees report insufficient resources to manage workplace stress
APA 2015

In this training Dr Helena Lass provides entrepreneurs and top experts (who are most vulnerable to stress and burnout) the right tools to support professional excellence.

Businesses need people with the capacity to think, plan and act creatively to solve problems. Stress, pressure and burnout have unfortunately become the norm, jeopardizing all of this.

- ▶ **What if we just lack proper intra-personal skills?**
- ▶ **What if we could learn to manage life events and foster our potential in an aware way?**

PARTICIPANT EXPERIENCE AND BENEFITS:

- Better productivity:** Understanding what is awareness and how to manage attention, focus and concentration;
- Flexibility and ease:** Obtaining an integrated view of intra-personal functions and how our agendas, reflexes and habits drive our behavior on a daily basis;
- Sustainability in reaching goals:** Receiving practical tools to recognize stress and burnout that jeopardize health while working under the pressure;
- Personal resilience:** Understand your own stress level and burnout risk and develop applicable proactive methods of prevention (facilitated by specific workbook);
- Satisfaction and balance:** Instructions on how to integrate work with other areas of life, based on learning to be more present for real-time opportunities;
- Tools to deal with obstacles:** Learn how to solve negative situations and problems by taking responsibility, instead of avoiding problems or trying to think “positively” about them;
- Wise use of energy and time:** Better clarity on your purpose and ability to manage events in time, resulting in more accurate decisions, stronger cohesiveness and consistently better results at work.

"Through the successful implementation of an effective action to create a mentally healthy workplace, organizations, on average, can expect a positive return on investment (ROI) of 2.3." – PwC – Creating a mentally healthy workplace, Return on investment analysis; Australia 2014

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