



Finding Balance: Prioritising Wellness and Work

► Upcoming Sessions

13-17 May 2024	Dubai - UAE	\$5,950
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► Training Details

Training Course Overview

The Finding Balance course is a 5-day training program designed to help individuals achieve a harmonious integration of wellness and work in their lives. This course focuses on the importance of prioritizing self-care, managing stress, and fostering a healthy work-life balance. By providing practical strategies and tools, this course aims to empower participants to enhance their overall well-being and productivity.

Training Course Objectives

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

- Understand the significance of finding balance between wellness and work
- Identify personal and professional barriers to achieving balance
- Develop strategies for managing stress and enhancing well-being
- Cultivate skills for effective time management and prioritization
- Create a personalized action plan for achieving work-life harmony
- Foster a supportive work culture that values employee well-being

Designed for

This training course is suitable to a wide range of professionals but will greatly benefit:

- Professionals who experience high levels of stress and want to improve their well-being
- Managers and team leaders interested in promoting a healthy work-life balance within their teams
- Individuals seeking practical strategies to manage their time effectively and prioritize self-care
- Anyone who desires to create a more fulfilling and balanced life by integrating wellness and work

Learning Methods

This Anderson training course will utilise a variety of proven adult learning techniques to ensure maximum understanding, comprehension and retention of the information presented. This will include an interactive mixture of lecture-led learning & group discussions.

► Training Details

Day One: Understanding the Importance of Balance

- ▶ Introduction to the concept of work-life balance and its impact on overall well-being
- ▶ Exploring the benefits of finding balance in personal and professional life
- ▶ Assessing the current state of work-life balance and identifying areas for improvement

Day Two: Managing Stress and Enhancing Well-being

- ▶ Recognizing the signs of stress and its impact on physical and mental health
- ▶ Strategies for stress management and relaxation techniques
- ▶ Cultivating healthy habits and self-care practices to enhance overall well-being

Day Three: Time Management and Productivity

- ▶ Assessing time management habits and identifying areas for improvement
- ▶ Effective goal-setting techniques for better time allocation and prioritization
- ▶ Strategies for minimizing distractions and improving productivity

Day Four: Establishing Boundaries and Setting Priorities

- ▶ Understanding the importance of setting boundaries in maintaining work-life harmony
- ▶ Strategies for effective boundary-setting in personal and professional relationships
- ▶ Identifying personal and professional priorities and aligning actions accordingly

Day Five: Creating a Personalized Work-Life Harmony Plan

- ▶ Integrating the strategies learned throughout the course into a personalized action plan
- ▶ Creating a supportive work environment that promotes work-life harmony
- ▶ Developing strategies for maintaining balance and making adjustments when needed

▶ The Certificate

Anderson Certificate of Completion will be provided to delegates who attend and complete the course

▶ INFO & IN-HOUSE SOLUTION

For more information about this course, call or email us at:

Call us: +971 4 365 8363

Email: info@anderson.ae

Request for a Tailor-made training and educational experience for your organization now:

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