

Fisher & Associates Solutions

Organizational Health & Employee Wellness Specialists
Successfully Addressing Workplace Stress, Burnout & Trauma

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Build Capacity

Promote Resiliency

Increase Coping Skills

WELLNESS SKILL-POWER: A Practical Workplace Wellness Program

A 1-DAY SPECIALIZED PROGRAM PROVIDED BY FISHER & ASSOCIATES SOLUTIONS

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BACKGROUND

Well-being is 'the state of being healthy' or 'happy', in consequence of practicing healthy behaviours. Whereas, wellness is comprised of entwined elements derived from mind, spirit, and body. Wellness is a holistic, collective approach that includes the broader context of the psychological, social and physiological environment. And when the system of interrelationships is well integrated, its effects are exponentially positive.

The **Wellness Skill-Power** program increases know-how and hones skills that help participants practise healthier lifestyle habits on a consistent basis. The ultimate objective is to create a positive spiral in which eating right and exercising lead to better sleep and more energy, which in turn lead to a higher quality of life. For optimum health, participants can target specific challenges, or aim to increase self-efficacy and maintain a sense of well-being through the power of **positive intention**. The benefits of this program include:

- being better equipped to cope during a crisis and deal with stress
- stronger immune system and resistance to sickness
- increased energy, strength and agility; better posture and balance
- higher motivation, self-confidence and esteem
- improved productivity and sense of accomplishment
- fitter anabolic drive and health gains for more independence later in life

The program workshop offers tools and resources, along with a complimentary subscription to a monthly wellness e-newsletter. The workbooks, focusing on the physiological components of an integral wellness approach, orient participants through three sections: **Introduction, Physicality** and **Nutrition**.

OVERVIEW

Pre-workshop assignment

A self-assessment helps participants determine own level of understanding of the topic, level of perceived well-being, lifestyle habits, and areas for improvement.

Workshop

I. Introduction – The power of positive intention

When you reprogram your mind in one area of your life, you get results in every part of your life. Content: Making and keeping wellness commitments, motivation through visualization, removing barriers and re-framing resistance to personal change, discipline and the intention behind nutrition and exercise.

II. Physicality – Fitness for lifelong health

The secret to feeling at your best is energy management, by balancing effort with recovery. Content: Formula of physical activity for health, principles of fitness training, setting fitness goals, physicality program samples.

III. Nutritional guidance – Eat well and be well

Proper nutrition not only boosts vitality, it also influences mood, self-esteem, level of energy, mental sharpness and overall performance. Content: Our relationship with food, healthy food choices made easy; interpreting food labels, creating eating plans, food selection and preparation.

GOALS

This one-day workshop helps participants to:

- identify lifestyle habits and factors impacting their state of well-being, including links to successful individual energy management and personal resiliency
- gain a better understanding of how health and wellness can become an easy adaptation or less of a struggle (particularly for those who suffer from stress, anxiety, depression and low self-esteem – all of which can lead to professional burnout)
- explore how health and wellness can become an integral part of both work and overall life satisfaction
- recognize and value what they can do for themselves, and empower them to develop strategies that rejuvenate

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