

WORKING WELL

An online version of our
IOSH Certificated Program



As our lives get busier and busier, boundaries between work and leisure blur and we spend less time thinking about what we're actually putting our bodies through.

This fast-living is resulting in a pandemic of 'ill-being': from general weariness and 'feeling under the weather' to prolonged bouts of sickness, lethargy and sharp increases in stress, depression and mental health issues.

Energy is essential to the success of all organizations. In today's fastpaced world where the competition is nipping at your heels, having an energised and resilient workforce is of paramount importance.

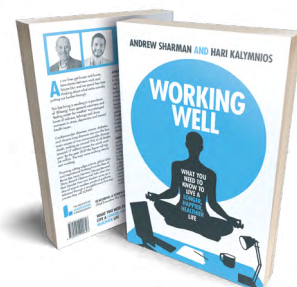
Wellbeing in the workplace is not just about mental health – it's the whole package. It's about all your employees having the health, vitality and energy to excel in their roles and outperform the competition. This online program will equip your staff with immediately applicable knowledge and the practical skillset to drive positive change and build a culture within your organization of Working Well. Drawing on robust research, proven methods and ideas from a diverse range of resources including nutrition and yogic philosophy to behavioural management and sleep science, we will explore the foundations of wellbeing and the keys to **Working Well**.

This **online program** will help you build a practical toolkit of simple, high-impact tools and techniques designed to increase your levels of health and energy, boost performance and productivity and return rapid results for you personally and in your workplace now!

WHY TAKE THIS COURSE?

- Learn a simple framework for creating **enhanced wellbeing** in the workplace and at home
- Explore **common pitfalls** that most people encounter in their wellbeing
- Build a more resilient and positive person
- Increase your **energy, focus and ability to perform** well at work
- Discover some simple secrets to **increased energy**
- Become more **mindful and calm** under pressure
- Understand the five things to look for when choosing how to feed yourself
- Gain **advanced self-leadership skills** and become an exemplary role model

Developed from the best-selling book **Working Well: What You Need to Know to Live a Longer, Happier, Healthier Life** by Prof Dr Andrew Sharman and Hari Kalymnios. This comprehensive online training course is the digital version of the Institution for Occupational Safety & Health's (IOSH) only accredited wellbeing course – **Resilience and Wellbeing for the Modern Leader**.



KEY TOPICS

- Module 1 – **THE S.O.N.A.R. SYSTEM**
- Module 2 – **SLEEP AND SLOW DOWN**
- Module 3 – **BREATHING**
- Module 4 – **NUTRITION**
- Module 5 – **ACTIVITY**
- Module 6 – **RITUALS**
- Module 7 – **WRAP UP & THE FINAL TEST**

HOW LONG DOES THE COURSE TAKE?

Typically 4-6 hours but there is plenty more content available for those that like to dig deeper into the wider academic literature and research papers that are made available. Most delegates tend to progress through the course in bite sized chunks over a week or 2.

WHAT FORMAT DOES THE FINAL TEST TAKE?

The final test consists of 11 questions which are mostly multiple choice. The final question is a structured reflection statement regarding the 4 key things that delegates have learned as a direct result of completing the program.

Something that you will **KEEP** doing, something to **IMPROVE**, anything you might need to **STOP** doing and then something new that you or your organisation will **START** doing differently.

HOW DO I GET THE CERTIFICATE?

Your certificate is posted out to your home or workplace location worldwide. We can also scan the certificate and email a copy to you if you prefer.

For further information please contact us:
e. lindsey@rmsswitzerland.com
w. www.RMSSwitzerland.com

