

## Content

### Understand the context

- the hierarchy of needs
- care of work teams
- supporting achievement

### Identify the patterns

- four key development areas
- historical patterns of activity
  - current behaviours

### Recognise the need

- analysis of what's missing
  - identifying the cost
  - individual audit

### Creating a plan

- reflection on developing balance
  - personalised planning of realistic changes
    - SMART targets

### Sharing experience

- recognising diversity
- learning from others' perceptions
  - insight into others' drivers.

# Wellbeing

## Personal Impact

More and more organisations are keen to support the wellbeing of their people... and more individuals are seeking a sustainable balance between meeting stretching goals at work and having a fulfilling range of experiences and activities.

Individual wellbeing is vital to sustain personal, team and organisational performance.

This varied programme enables you to focus on what you need to do in order to be as effective as possible while enjoying balance across the four key areas of personal wellbeing and development.

### Benefits

By the end of the programme you will be able to:

- understand the four areas of development
- explore the basis of personal wellbeing
- analyse your own needs
- recognise current patterns of self-care behaviour
- reflect on options for change and development
- create a wellbeing plan
- develop an understanding of different approaches to balanced activity
- support the wellbeing of others.

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### Approach

This day is an unusual mix of personal exploration and lively interactive techniques. A range of tools and activities are used to develop different perspectives on a topical subject. Our facilitator is one of the few Master Coaches in the UK and works with over-stretched managers and high potential employees to give them perspective and enhanced energy and enthusiasm for demanding roles.

This is a great opportunity to share personal insights and experiences. Participants will develop focused plans to support their own wellbeing and promote that of their teams.

### Who should attend?

Busy executives who want to stay well, focused and committed while enjoying a fulfilling life. Those who want to ensure the wellbeing of the people in their teams.

### Programme information

Duration: One day

Price: £375 (excluding VAT)

Dates and locations:

5th June 2008 • Midlands

14th October 2008 • London

29th January 2009 • Surrey

For further details please call

John Baldwin on 01306 621600.

