



“Boost je mentale weerbaarheid!”

Nov-Dec 2021 (NI-talige workshop)

*Zet stappen om je persoonlijke energie beter te beheren en uit te breiden.
Breng balans in je leven.*

Online program (3 weeks)

Become aware and get insights on what brings and keeps balance in your life.
Look at your energy and resilience from 4 different angles: Physical, emotional, mental and spiritual.
Take one of your challenges and explore which of your personal beliefs helps and which doesn't.
Take very concrete steps to introduce a new habit. A new habit that helps you become more resilient and in balance.

Objectives

For the participants:

- Providing **insight** into what resilience, balance and energy management mean (the scope is their personal lives, broader than professional roles), what the different aspects are and **how you can strengthen** it.
- Increasing your **awareness** and your **self-management** of resilience, balance and energy (within the various aspects).
- **Build your motivation** to take concrete actions to break patterns that don't help and focus your energy more on what or whom you care about.
- You'll make a very **concrete action plan** with rituals that you can immediately work on to strengthen your resilience/balance and to better focus your energy on what is important.

Objectives for the company:

- Because the participants can better manage their energy and strengthen their resilience/balance, they are not only more energetic but also have an **impact on productivity and absenteeism**.
- This program focuses on what the employee **can do himself/herself (and take ownership)** among other initiatives that focus on what the management and the organization can do to create the environment in which employees can strengthen their resilience and better manage their energy.

Target group

- Employees and managers who want to work on strengthening their resilience/balance and their personal energy (to prevent chronic stress or burnout).

Duration

- 3 online sessions of 2 ½ hours over a period of 3 weeks
- time for personal reflections and preparing the workshop by viewing the online videos and doing the home work

Pricing

- 700 Euro/Participant
- Including:
 - o Access to more than 3 hours of online video modules during a period of 6 months.
 - o 3 online interactive team sessions of 2,5 hours (via Zoom) with focus on team interaction with eg buddy talks, break-outs,
 - o Work book and action cards (will be sent to the participants) that are used during the program and can be used afterwards as a reference guide.
 - o One personal coaching session via Zoom after the program (on request)
 - o The coordination and follow-up of this program:
 - Mailing to welcome participants, set expectations, explain agenda and structure
 - Mailing with needed preparation per module and links to online modules and Zoom sessions.
 - Mailing during 60 days (post- program) to support the participant with tips, videos etc. (after approval by participant)

Facilitators

- Dirk Swaegers, coach and certified facilitator
- Jan Seghers, professor Faculty of Movement and Rehabilitation Sciences at KU Leuven (via online modules)