

Productive Teams – Wellness Workshop

DESCRIPTION

This 1 or 2 day interactive workshop is based on both theory and practice:

- **Being healthy and staying active every day**
- What impact does adequate physical activity have on **improving motivation, self-confidence, balance and well-being?**
- Nutritional advice and lifestyle
- Health and Team Building
- Personal assessment and objectives

- Circuit Training and various **easy exercises** that need no particular physical condition

BENEFITS

- Participants receive comprehensive information and tools to better manage their well-being in everyday life
- The teams improve their overall productivity
- Decisions to change are boosted by individual commitment to the group
- Better health = less absenteeism
- Better health = more efficient = more successful projects

AGENDA

- What does being healthy mean
- The impact of physical activity on your health
- Become and stay active: Tips and tricks
- How to train?
- The basics of Nutrition
- Team building and health
- Individual assessment and objectives
- Practice
- Debriefing

OBJECTIVES

- Understand the different aspects of health
- Awareness and implementation of new behaviors related to health
- Setting simple and realistic goals for the short term, and establish a long-term vision
- Perform daily activities more efficiently, with more energy and enthusiasm

TARGET AUDIENCE

- Anyone motivated and ready to learn, be aware, and implement changes in their daily lives to be and stay healthy
- Maximum 12 participants