



Workplace Wellbeing - How to Build Confidence and Manage Stress

Why is employee wellness important? What is the impact of employee wellbeing on our work lives and how has it been defined? This course explores key concepts of wellbeing at work and provides answers to these and other questions. The course will explore the range of theoretical approaches to occupational wellbeing and discuss both positive and harmful aspects of workplace welfare.

The course will include an introduction to the methods for assessing employee wellbeing and a review of key issues in wellbeing at work. No matter what your job demands are, there are steps that you can take to reduce stress and improve job satisfaction.

Course Overview

You will spend the first part of the session getting to know participants and discussing what will take place during the workshop. Students will also have an opportunity to identify their personal learning objectives.

This workshop will help you teach participants to:

- Identify undesired personal reactions to typical workplace situations.
- Reflect upon ways to improve your personal wellbeing at the workplace.
- Discover your self-worth and your importance at the workplace.
- Learn different steps to prioritise and organize to lessen stress in workplace.
- Identify the cause of problems and make an action plan.
- Discover techniques and tools that enhance workplace wellbeing.
- Identify and resolve barriers to wellbeing.

Understanding Wellbeing

To begin the session, participants will first learn how understanding what wellbeing entails and how to recognise symptoms of poor workplace wellbeing.

Personal or Professional

In this session, participants will determine where they can improve their overall wellbeing.

Explore strategies to reduce workplace stress

This session will include how to manage stress in the workplace, reducing your workload through prioritisation, workplace roles and responsibilities, building self-esteem, and more.

Build self-esteem and understand your true worth

This session will help participants to identify negative emotions, allowing them to reflect on these and take steps to counteract them.

Prioritise and organise

This session participants will learn some simple, practical steps they can take to regain control when workplace stress threatens to overwhelm them.

Techniques and Tools that enhance workplace wellbeing

In this session, we will explore key wellbeing-building techniques, including mindfulness, behaviour change and resilience building, and understand how they can improve wellbeing at the workplace and individual worker level.

Barriers to wellbeing: Identify and Resolve

Here, participants will understand how to systematically identify and respond to barriers to worker and workplace wellbeing. Consider a problem within your own workplace and apply your new knowledge to describe how it could be approached.

Rebuilding Confidence at Work

Lastly, participants will learn how to identify the cause of the problem and draw up an action plan to work on the areas where they are not so strong.

Workshop Wrap-Up

At the end of the day, students will have an opportunity to ask questions and fill out an action plan.

Visit <https://paramountraining.com.au> for more information or call 1300 810 725