



# Well-Being at Work for Sustainable Resilience

Whealthness, 9 chemin de la Châtaigneraie, 1278 La Rippe, [www.whealthness.ch](http://www.whealthness.ch), (Tel) +41 79 673 68 14

Happy at Work, Rue des Bains 33, 1205 Genève, (Tel)+41 22 552 20 73,[www.happyatwork.ch](http://www.happyatwork.ch)

## Context

Well-Being has proven to have a very real impact on health and productivity. By aiming to change behavior in the areas of physical, emotional, mental, and spiritual well-being, an individual's capacity to be happy at work can be improved while reducing the negative consequences of phenomenon's like stress – called by the World Health Organization the “health epidemic of the 21st century”.

## Description

Physical, Emotional, Mental & Spiritual well-being to enhance Happiness, Engagement, Creativity, Resilience, Loyalty & Productivity!

Empowerment or “feeling powerful enough to truly own our lives the way we want to” is key to fulfilment and well-being in both our professional and personal lives. Though there are many techniques for building confidence and strength that lead to empowerment, this program aims to demonstrate that the foundation of all self-empowerment must begin with personal self-care, that is, care provided for you, by you. It's about identifying your own needs and taking individual responsibility in thoughtfully making daily lifestyle choices with essentials like Nutrition, Activity, Recovery, Emotional and Mental behaviors.

## Who

This full day workshop is aimed at all professionals ready to discover and change and wishing to sustainably improve their energy balance, performance, stress management, health and well-being. It is especially pertinent in time of corporate transition and can be an ideal team-building experience.

## Method

This interactive, fun and pragmatic day aims at motivating the behavioral change needed to conquer the challenge of stressful working life through optimal health, wellness and happiness. Time will be spent understanding, discussing, brainstorming and setting goals in the specific areas of Nutrition, Physical Exercise, Sleep, Emotional and Mental health and how they directly relate to stress. Each participant will leave the workshop with a clear personalized plan of empowering objectives and relevant tips to implement immediately, encouraging them to take personal responsibility for their well-being and performance.

The Corporate Athlete Optimal Energy Pyramid (Loehr & Schwartz) is at the core of our message.



## Objectives and Takeaways

- ✓ Understand the direct links between health and stress according to the latest nutrition, activity and sleep recommendations
- ✓ Motivate change by developing a realistic and concrete action plan
- ✓ Improve ability to manage stress
- ✓ Improve health, well-being and resilience
- ✓ Improve performance
- ✓ Prepare a long-term, sustainable follow-up
- ✓ Find energy, inspiration and happiness
- ✓ Improve team cohesion
- ✓ Sustainable workbook

## Program

Each part of the day includes theory followed by interaction and development of personal objectives. We encourage a participative approach to facilitate learning and motivate individual responsibility.

## Sample Program

Morning	Ellen Annika	<b>INTRODUCTION</b> The dimensions of well-being The link between stress & sustainable performance The 4 sources of energy & well-being (Corporate Athlete Model)
	Ellen	<b>Physical well-being and how to optimize it</b> <b>introduction</b> <ul style="list-style-type: none"> <li>• Why link energy, stress, health, performance &amp; well-being?</li> <li>• Our model for setting objectives</li> </ul> <b>Nutrition:</b> the basics! ---Link well-being <ul style="list-style-type: none"> <li>• Cave man basics</li> <li>• Balance for balance: fruits &amp; vegetables</li> <li>• Clearing carb confusion</li> <li>• The power of proteins</li> <li>• Energy all day: water and drinks</li> <li>• But, am I really hungry? Introduction to mindful eating</li> </ul> <b>Movement:</b> the non-negotiable! ---Link well-being <ul style="list-style-type: none"> <li>• Why move?</li> <li>• Movement &amp; Nutrition</li> <li>• Movement &amp; Sleep</li> </ul> <b>Sleep:</b> prioritizing & improving sleep routines! ----Link Well-being <ul style="list-style-type: none"> <li>• Nutrition &amp; Sleep Movement</li> <li>• Sleep Routines</li> </ul>
Noon		"Mindful Eating" lunch break ---Link Well-being
	Annika	<b>Emotional capacity</b> The impact of our emotions The importance of positive emotions: <ul style="list-style-type: none"> <li>• What is happiness at work?</li> <li>• What makes us happy &amp; unhappy at work?</li> <li>• The link between happiness, commitment &amp; performance</li> <li>• How to develop happiness at work? The 3 Rs</li> <li>• Exercises &amp; shares</li> <li>• Tips &amp; tools for developing emotional intelligence &amp; resilience</li> </ul>
	Annika	<b>Mental capacity</b> The impact of our thoughts <ul style="list-style-type: none"> <li>• The power of focus</li> <li>• Tips and tools to improve mental performance</li> <li>• Practical exercises of mindfulness &amp; positive psychology</li> </ul> <b>Energy dynamics</b> <b>My leadership</b> position: Self-leadership & my impact on my surroundings
	Annika & Ellen	<b>Spiritual capacity; The Why</b> Impact and meaning of our work Gratitude Compassion Exercises & sharing
	Annika Ellen	<b>The sustainable performance formula &amp; the guidelines</b> <b>Wrap-Up, Follow-Up &amp; Takeaways</b>

## Bio

### Ellen Kocher

Ellen Kocher is an Economist and Accredited Workplace Wellness Consultant. She holds a Master's Degree in Health and Wellness Coaching (Nutrition and Corporate Health), ICF Associate Certified Coach<sup>^</sup>(ACC), Certified Health Coach and licensed Mindful Eating Coach. Educated in the United States and in Switzerland for over 30 years, Ellen spent 10 years as a Management Consultant in the Finance Industry and understands the challenges of a busy working lifestyle. In 2003 Ellen lost 20 kilos through nutrition and lifestyle change and has dedicated the past 15 years to nutrition and workplace wellness. She promotes a non-diet, weight-neutral, mindfulness-based approach to eating, physical activity, holistic health, and self-care. She has coached hundreds of individuals and groups in dozens of organizations to make sustainable lifestyle changes empowering them to go from knowing what to do to actually doing it!



ekoher@whealthness.ch

www.whealthness.ch

<https://ch.linkedin.com/pub/ellen-kocher/26/7a9/790>

<https://www.facebook.com/WhealthnessEllenKocher?ref=bookmarks>

Licensed Am I Hungry? Mindful Eating Program Facilitator

## Bio

### Annika Månsson

Annika Månsson, Founder and CEO of Happy at Work GmbH, has built up more than 12 years of experience in a wide range of multicultural sectors across 12 countries. As an expert in happiness, engagement, leadership, multi-cultural communication and emotional intelligence at work, she helps individuals and leaders build internal capacity required to adapt resiliently in an increasingly complex world. Through her keynotes, trainings and coaching, Annika has inspired teams in companies like Novartis, JP Morgan, FIBA, Baxter, Adecco and many others around the globe. Annika holds a Master's degree in Marketing and worked at Danone group for 15 years in marketing and communication, where she held a range of managerial positions for Evian brand. She is also a qualified coach and certified practitioner in MBTI®, Belbin®, NLP and Prosci change management. Originally from Sweden, Annika claims that happiness at work is not a luxury: it is essential, given the fact that on average, we dedicate a third of our life time to work!



amansson@happy-at-work.ch.ch

www.happy-at-work.ch

<https://www.linkedin.com/in/annikamansson/>