genos® INTERNATIONAL

The Science of Well-being

With emotions going through unprecedented highs and lows, keeping your workforce's well-being in check is more important than ever.



Want to keep your workforce well-being in check?

The Science of Well-being Program is designed to help you enhance well-being in your teams.

Science has shown that our well-being is like our fingerprints, we are all unique.

Understanding emotions in ourselves and others is central to improving well-being.

During four powerful interactive sessions, deep dive into proven strategies you can use to improve each area of well-being. Discover to how to better understand emotional intelligence and become more self-aware.

The Science of Well-being Program teaches a wide range of techniques and practices in four key areas: mental, physical, social and environmental.

Built on the science of behavior change and healthy habit formation, this program will reduce stress, and increase productivity and engagement.

The objective of this program is that attendees will feel more confident and capable, boost relationships with others, increase physical vitality, and their sense of accomplishment and personal fulfilment in life.

The Well-being Learning Journey

- Four powerful, interactive instructor-led sessions.
- Immersive experience featuring breakout rooms, group discussion, polls, and chat.
- A unique digital workbook to capture insights, support note-taking and development planning.
- Optional: Genos Emotionally Intelligent Assessment provided during the program to kick start and support emotional intelligence development. Available digitally or can be provided via a one-on-one debrief.

Module 1

The Science of Enhancing Well-being

- Explore the science of emotions and how to use emotional self-awareness to better gauge our well-being.
- Analyze what an improvement in our own well-being might mean to us.
- Assess and share strategies we are currently using to maintain our well-being.
- Determine how we can make new strategies stick, using action plans built around the science of behavior change.



Module 2

Improving Well-being with Physical and Environmental Strategies

- Explore the science of forming new habits.
- Determine new techniques to implement around sleep, diet and exercise to boost our physical well-being.
- Identify how we could improve our physical environment and structure a well-being day. This session is designed to inspire attendees to explore what may work best for them.



Module 3

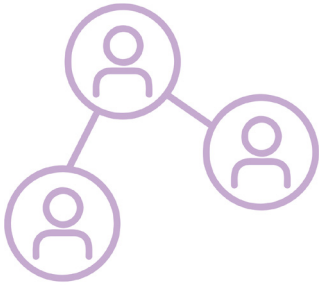
Improving Well-being with Thinking Strategies



- Deep dive on three different thinking strategies known to be effective in improving the way we think, feel and behave.
- Work on creating boundaries.
- Discuss engaging in perspective-taking and sense-making.
- Enhance your emotional agility while responding to triggers.

Module 4

Improving Well-being with Social Strategies



- Discover how to boost social well-being with emotional intelligence.
- Explore techniques to boost the quality of your day-to-day social interactions.
- Identify a close personal relationship you could improve and the actions you could take to do so.
- Explore a coaching model for helping others respond effectively to their challenging situations.

About Genos International

We are a global team of change-makers using emotional intelligence to enhance how we connect, communicate and collaborate at work. Transforming these essential people skills at work also makes a difference to people's relationships outside the workplace. People become better parents, partners, siblings and friends. That's why we call our work Game changing for business, Life changing for people. Genos is a leading, global provider that delivers on our mission with transformational content, great digital technology, exceptional customer service, passionate partners and clients who want to lead their industries.

www.genosinternational.com

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