

# GAINING AND MAINTAINING WELLBEING

1/2 DAY PROGRAM

## OVERVIEW

Have you wondered how well you're coping with the current situation? This session is a wellbeing check for you. We look at the important areas of our lives and work that impact our personal wellbeing.

During the session we look at what is happening in the mind and body when outside circumstances cause us to feel anxiety and fear.

We share research backed practical actions you can take gain and maintain a sense of wellbeing.

## OBJECTIVES

- Identify the key areas of wellbeing using the PERMAH model that require our attention
- Assess our personal wellbeing eco-system – self, family, teamwork, community
- Learn 'instant anxiety calmers' that will work for you
- Explore the habits for long-term wellbeing

## TO BOOK THIS PROGRAM OR DESIGN YOUR OWN...

 Phone  
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 Website  
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