

WELLNESS ORBIT

Wellness Orbit is a world-class digital training platform for companies, dedicated to advancing human capacity in a hybrid and unique way. Trainings provide curated content, real skills and real change. Anytime. Anywhere. Companies can choose from a single training or an annual membership and cater to the different developmental needs of all employees in one go.

TRAINING 2: "WELL FIT FOR WORK"



3x healthy employees are 3 times more productive <small>Medibank 2005</small>	3 out of today's wellness priorities are intrapersonal <small>GWI 2015</small>
70% of company's healthcare costs are driven by people's behavior <small>S.Burd, CEO of Safeway Supermarkets</small>	>30% people in the US and UK do not get enough sleep <small>Division of Sleep Medicine at Harvard</small>

In this training, entrepreneurs, top experts and all other employees acquire effective tools for work-life integration, better self-direction and experiencing fulfillment. The training is composed and conducted by an awareness teacher and Dr. Med. Helena Lass.

This training is ideal for companies looking for a single comprehensive training to cover all important topics in one: from wide-angle wellbeing and personal responsibility to having more colleagues with a smile on their face. After all, people who are well, can also work and perform well.

- ▶ How would workplaces change if people regain full autonomy over their own drive and health?
- ▶ What if we could use our awareness to create a lifestyle that is holistic and inclusive?

PARTICIPANT EXPERIENCE AND BENEFITS:

- 1 Understands personal responsibility:** Knows the possibilities of creating work-flow and improving the overall office vibe. Becomes a contributor and sees opportunity in adversity.
- 2 Work-life well integrated:** Work being part of life, it's more and more about orchestrated integration of work & life, then just balance.
- 3 Improved self-leadership:** Learn how to apply awareness and intra-personal skills to stay focused, sharp and productive.
- 4 Has skills to deal with conflicts:** How to differentiate the real-time issues from the mind-born ones? Learns to find creative methods for conflict resolution and understands one's role in finding solutions;
- 5 Knows methods to direct the mind:** How to stop worrying? Develops a protective strategy against mind wandering;
- 6 Understands emotional reactions:** Learn to perform "problem diagnostics" and develop awareness about emotional reactions;
- 7 Deals well with hyperconnectivity:** Learns how not to get side-tracked by the endless possibilities present online and is skillful in directing the flow of information;
- 8 Recharges and sleeps well:** Knows how to induce deep sleep and take power naps.
- 9 Able to restore and maintain health:** Understands the principles of sustaining a healthy brain and a well-functioning body.

MAKE YOUR COMPANY A MEMBER!

WELLNESSORBIT.COM