



FIT EXECUTIVES

Personal transformation programs that improve mental and physical health and develop core emotional intelligence, communication and dispute resolution skills.

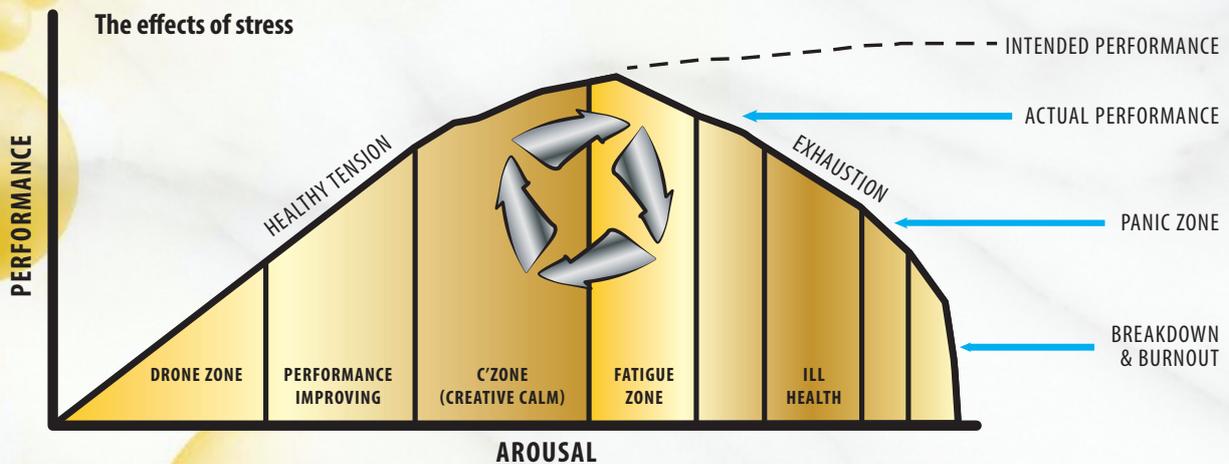


YOUR ENERGY EVOLUTION

The World Health Organisation has declared 'burnout' as a syndrome- defined as chronic workplace stress not successfully managed. Mental health costs Australian workplaces \$10.9 Billion per year when you include cost of absenteeism & presenteeism therefore creating education and wellness programs for a psychologically safe workplace is essential.



Research has shown that having a psychologically safe workplace is the number one driver of high performing teams. When an employee experiences negative emotions at work, they feel psychologically unsafe and that fear triggers the limbic brain's warning system, the "fight or flight"/stress response in the body. The stress response inhibits analytical reasoning and reduces productivity in the workplace.





DEVELOPING AN EMOTIONALLY INTELLIGENT WORKPLACE WHICH IS BUILT ON AN INCREASED AWARENESS AND MANAGEMENT OF EMOTIONS AND POSITIVE COMMUNICATION ENABLES THE DEVELOPMENT OF PSYCHOLOGICALLY SAFE WORKPLACE ENVIRONMENT.



FIT EXECUTIVES PROGRAM

The FitExecutives Program includes 6 modules. Emotional intelligence assessments are done in the first module and final module with results debriefed by Swinburne accredited trainers to explain the results. Each of the development programs includes a workshop, videos and online content with practical solutions. Any module can be applied as an individual program and the mode of delivery can be tailored to the needs of your team as group delivery and/or executive coaching.

Research shows emotional intelligence accounts for nearly 90% of what sets high performers apart. All people experience emotions but research shows that only 36% of people can identify emotions when they occur.

The Program offers a complete solution to support mental and physical health taking participants through each module from physical wellness through to mental resilience and leadership.

The Fit Executives Program includes:





**ASSESSMENTLE –
EMOTIONAL INTELLIGENCE
ASSESSMENT DEBRIEF**

The FitExecutives programs are based on Swinburne University's Department of Neuropsychology research into Emotional Intelligence. One of our certified Genos practitioners will debrief team members on how to interpret the results and will facilitate a development plan.



Genos was formed by Swinburne University in 2002 and now offers assessments and programs across North America, South America, Europe, India, China, South Africa, South East Asia and New Zealand.

Emotional Intelligence (EI) or emotional quotient (EQ) is a set of skills that help us better perceive, understand and manage emotions in ourselves and in others. Our capacity to understand our emotions, to be aware of them and how they impact the way we behave and relate to others, will improve our 'people' skills and ultimately help us to be more satisfied and successful.

Research on the program has shown that the program improves emotional intelligence, reduces feelings of psychological and physical stress and improves resilience. Several studies have also shown that emotional intelligence is related to well-being, anxiety, depression, bullying, leadership and academic success.





FOCUS – MINDFULNESS & MEDITATION

Mindfulness and meditation can reduce stress, boost productivity, focus and strengthen relationships.

The average person's mind wanders 49.6% of the time, which suggests the challenges in holding focused meetings and engaging staff. Mindfulness promotes self-awareness which is seen as the most important quality for leaders.

FOCUS – KEY CONTENT

The science of meditation and mindfulness



Mindfulness practices



Stages of meditation



Managing thoughts and emotions



Introduction to different meditation styles



Stress relief techniques



Gratitude



Sound healing techniques



Daily rituals for self-care

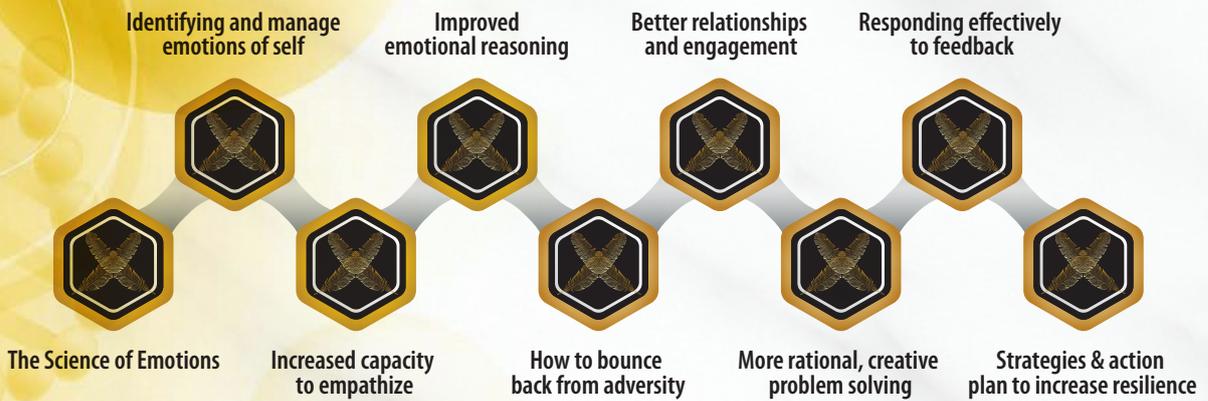




SOAR – RESILIENCE

Resilience is the ability to bounce back after a setback so this program focuses on increasing participants' abilities to manage one's own emotions, responses and adaptive techniques.

SOAR – KEY CONTENT

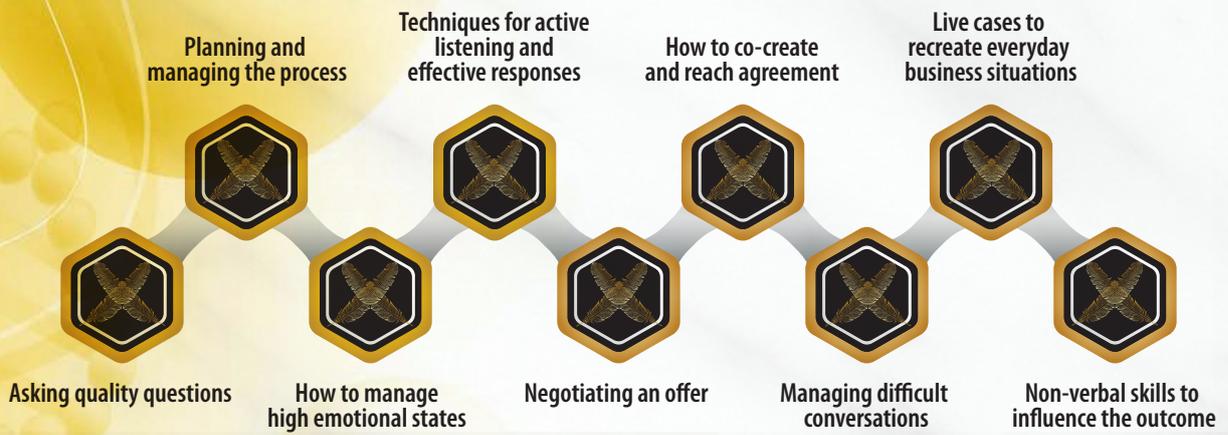




NEGOTIATE – COMMUNICATION & CONFLICT RESOLUTION

87% of people are disengaged in their workplace. This program is relevant for those who wish to improve their communication and dispute resolution skills and includes.

NEGOTIATE – KEY CONTENT





VITALITY – WHEEL OF HEALTH

Our Vitality Program enables employees to embody a healthy, daily ritual that is realistic for a busy lifestyle. Small, positive lifestyle changes each day result in long-term health benefits and this program offers simple, easy-to-apply solutions. This program can be applied during off-site events or on-site workshops and team classes in yoga, exercise or massage.



VITALITY – KEY CONTENT

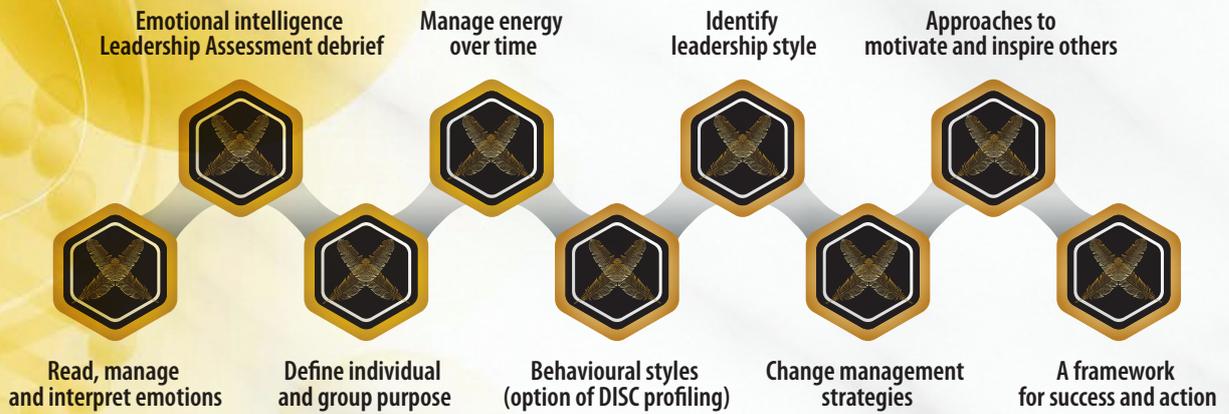




THRIVE – LEADERSHIP

Our leadership program looks at what is expected of a modern leader and what it takes to become a highly effective leader. During the program you will acquire a set of tools and skills that help you lead a team.

THRIVE – KEY CONTENT





For more information or to book a call to discuss tailoring a program
for your company or a speaker for your next event phone:

1300 241 991

CORPORATE PROGRAMS & MEDIATION SERVICES:

<http://energyevolution.com.au>

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KEYNOTE SPEAKING:

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