



Developing Personal Wellbeing

Session Overview

The Developing Personal Wellbeing session takes a proactive look at personal wellbeing, why it is important, and developing an awareness of strategies to help improve personal wellbeing.

Objectives

- To provide attendees with key techniques, self-awareness and capabilities needed to successfully manage personal wellbeing
- To be able to recognise and reframe the physical, emotional, and behavioural responses to stress and anxiety, and implement strategies to help manage it

What will you learn?

- Attendees will gain a clearer understanding of what personal wellbeing is, and why it is important
- Develop awareness of why we experience anxiety, and recognise the physical, emotional, and behavioural responses
- Understand how to recognise and reframe anxiety provoking thoughts
- Develop an awareness of strategies and interventions to help with emotional resilience, personal development, and personal wellbeing
- Implement a personal wellbeing life plan that embeds self-care and balance