

WELL-BEING
and
STRESS MANAGEMENT
FOR CORPORATIONS:



PRESENTATIONS AND
WORKSHOPS

by JOHANN KOTZE

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Introduction

Johann Kotze is a yoga teacher, therapist, well-being motivational speaker, -councilor, -consultant and author of *Five Keys to Well-being*.

Physical and mental well-being is the result of effective, constructive physical and mental training. Johann's programme address the physical and mental roots of stress by developing an understanding and awareness of well-being, and how to achieve it with simple body-mind-spirit techniques.

The *Five Keys to Well-being* technique promotes personal well-being as the basis of all lasting success.

Personal well-being builds better business

- * A significant rise in productivity by producing high levels of mental focus, physical vitality and quality of leisure and home life
- * Effective stress release
- * Stress levels are further managed by learning to see "the bigger picture" and creative, positive thinking
- * Ease and accuracy of inter-personal communication

Personal well-being assists positive employee, client and public interfacing

Effective breathing, mobility and posture are essential qualities to ensure vitality as well as creating a positive impression in a world where first impressions lasts, where appearances are so important, and where clients expect an energetic, relaxed service provider attuned to their every need.

- * A more attractive appearance: a healthy person exudes radiant health, beauty, power and grace.
- * An employee that looks and feels great communicates more effectively with clients and at the workplace.

About the *Five Keys to Well-being* book and system

The easy-to-attain body-mind techniques of *Five Keys to Well-being* guides the user to physical comfort and practical spirituality based on the timeless principles of yoga. No equipment, time consuming programmes or knowledge of yoga are required, and it is suitable for people of all religions and belief systems. The system promotes awareness of the importance of:

- * Mobility
- * Effective breathing
- * Good posture
- * Relaxation
- * Focus/meditation skills
- * Everyday spirituality and lifestyle skills

Presentations, Workshops and Services

Book a Presentation or one of the Workshops for:

- * An in-house HR activity
- * A conference (team-building, educational entertainment)
- * A corporate outing at a spa

Well-being Presentations, Workshops and Services include:

- * Presentations (one hour or less) are a versatile and accessible means to promote well-being in the broad spectrum corporate environment. Simple-to-grasp techniques for easy stress release are included.
- * Workshops (an additional hour) allows for hands-on training of personal well-being techniques.
- * The Human Resources Workshop (Employing HR principles and Objectives, Outcomes and Evaluation). A three hour workshop.
- * Well-being Training Certification. A 9 hour SAQA accredited course.
- * Follow-up: Individual sessions, consulting. group activities or additional therapies

1. PRESENTATIONS

45 - 60 minutes.

- * Assessment of what well-being constitutes
- * The importance of well-being in the corporate world
- * About stress and its management
- * Demonstration and brief practical application of breath, stretching, good posture, deep relaxation and focus/meditation techniques to achieve well-being and stress management
- * Motivation to achieve well-being as a lifestyle

Presentations are focussed around the specific needs and interest of the audience. A question and answer aspect is encouraged. Presentations may take place in a formal conference setting, in formal work clothes, or informally.

2. WORKSHOPS

Casual wear is recommended.

Presentation with practical session (90 - 120 minutes).
An additional 1h is required for an evaluation process.
The session comprises:

- * Effective breathing techniques for increased focus, vitality and stress release (15 minutes)

- * Stretching exercises applicable to the office environment (15 minutes)
- * Meditation to improve focus. Connecting with the innate wisdom (5 minutes)
- * Power nap (5 minutes)
- * A deep relaxation (15 minutes)
- * Applying these well-being principles in the corporate world - at the office, in meetings etc.

A Stress Management and Well-being Checklist for post-workshop implementation is supplied.

3. EMPLOYING HUMAN RESOURCES PRINCIPLES TO WELL-BEING (WITH OBJECTIVES, OUTCOMES AND EVALUATION)

3 hour workshops. Available from 2007.

Referencing HR principles from a personal well-being perspective, and the important role of well-being at the workplace. Based on the SWOT analysis, Emotional Intelligence, Change Management, Self-Leadership and Conflict Management.

Facilitated on an objectives and outcomes basis and includes assessment of participants.

- * 1 hour presentation
- * 1 hour self evaluation workshop
- * 1 hour evaluation workshop

4. WELL-BEING TRAINING CERTIFICATION COURSE

9 hours, with SAQA accreditation. Available from 2007.

Provides managers with increased awareness of body-mind-spirit principles and the ability to implement or enhance their own well-being strategies.

5. FOLLOW-UP: INDIVIDUAL SESSIONS, CONSULTING, GROUP ACTIVITIES OR ADDITIONAL THERAPIES

Optional follow-up work include assisting implementation of well-being techniques in the work environment, working with groups or in individual consultation, and link-up to additional complimentary holistic therapies and practitioners.

- * Individual personal training, therapy or counseling
- * Consulting in the actual work environment
- * Group yoga or well-being sessions tailored to meet the unique needs of the group i.e. a powerful workout for the sports oriented, a relaxing routine for the highly stressed, revitalizing practices for sedentary workers etc.
- * Sourcing additional therapies and practitioners
- * Arranging holistic retreats (half day, day or longer) at spas or well-being centres

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