

# I AM

## EMPLOYEE WELLNESS SHORT LEARNING PROGRAMME

### WILL I BENEFIT FROM THIS PROGRAMME?

Do you know the real you and fully accept yourself as you are?

**I AM ME!**

**Do you have self-awareness?**

**YES**

**Great!!**  
Keep on discovering yourself

**NO**

Develop your self-awareness with **Unit 1** of this programme

Do you believe that you are worthy and appreciate yourself?

**Do you have self-worth?**

**YES**

**Great!!**  
Keep on appreciating yourself

**NO**

Develop your self-worth with **Unit 2** of this programme

**I AM WORTHY!**

Are you taking care of yourself physically & emotionally?

**I AM TAKING CARE OF ME!**

**Do you spend time on self-care?**

**YES**

**Great!!**  
Keep on taking care of yourself

**NO**

Develop skills in self-care with **Unit 3** of this programme

Do you have positive support & are you positive support?

**Are you loved and give love to others?**

**YES**

**Great!!**  
Keep on receiving & giving love

**NO**

Develop skills in social support with **Unit 4** of this programme

**I AM LOVED!**

Am I aware of and am I utilising my personal strengths?

**I AM STRONG!**

**Are you a powerful person because of your strengths?**

**YES**

**Great!!**  
Keep on using your strengths

**NO**

Develop and discover your strengths with **Unit 5** of this programme

Are you growing enough personally and professionally?

**Are you challenging and developing yourself?**

**YES**

**Great!!**  
Keep on developing & growing

**NO**

Discover how to develop yourself & grow with **Unit 6** of this programme

**I AM STILL GROWING!**

Are you effectively regulating your emotions?

**I AM EMOTIONAL!**

**Are you in control of your emotions?**

**YES**

**Great!!**  
Keep on regulating your emotions

**NO**

Discover how to regulate & understand your emotions with **Unit 7** of this programme

Are you determined to achieve your dreams and goals?

**Have you reached your full potential?**

**YES**

**Great!!**  
Keep on reaching your full potential

**NO**

Discover how to be determined and reach your full potential with **Unit 8** of this programme

**I AM DETERMINED!**

If you answered **NO** to any of the questions above, you will benefit from the I am Employee Wellness Programme.



eight-week registered short learning programme of the UFS



can be completed online or face-to-face



consists of practically focused activities on different topics and themes related to the seven areas of wellness.



The main outcome of this programme is to increase employees' physical, emotional, social, occupational, financial, environmental and spiritual wellbeing.



The main theme of this programme is: "I am... a great person with great potential".



This programme will not just help employees increase their wellbeing, but it will in the process help empower employees to reach their full potential in work and life.



Based on theory and research to ensure programme effectiveness.

**Registrations open on Wednesday 24/06/2020**

If you are interested as an individual or you are interested as a manager for your team, please contact us.

Inspiring excellence. Transforming lives.

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