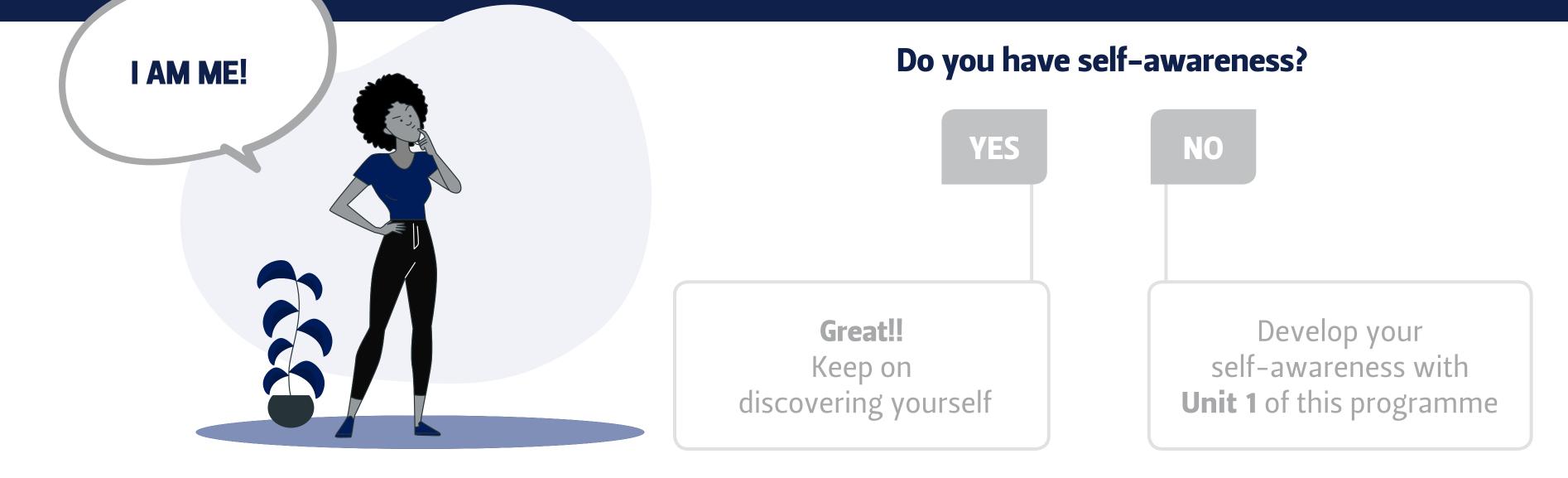
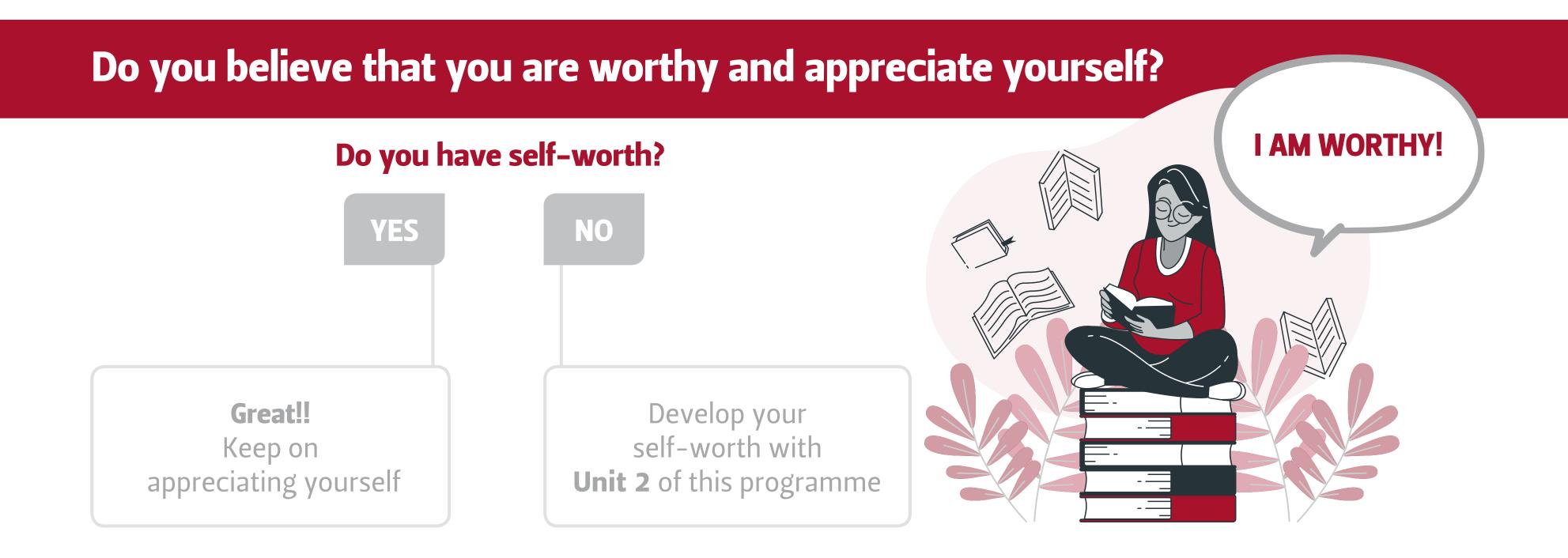
# **EMPLOYEE WELLNESS** SHORT LEARNING PROGRAMME

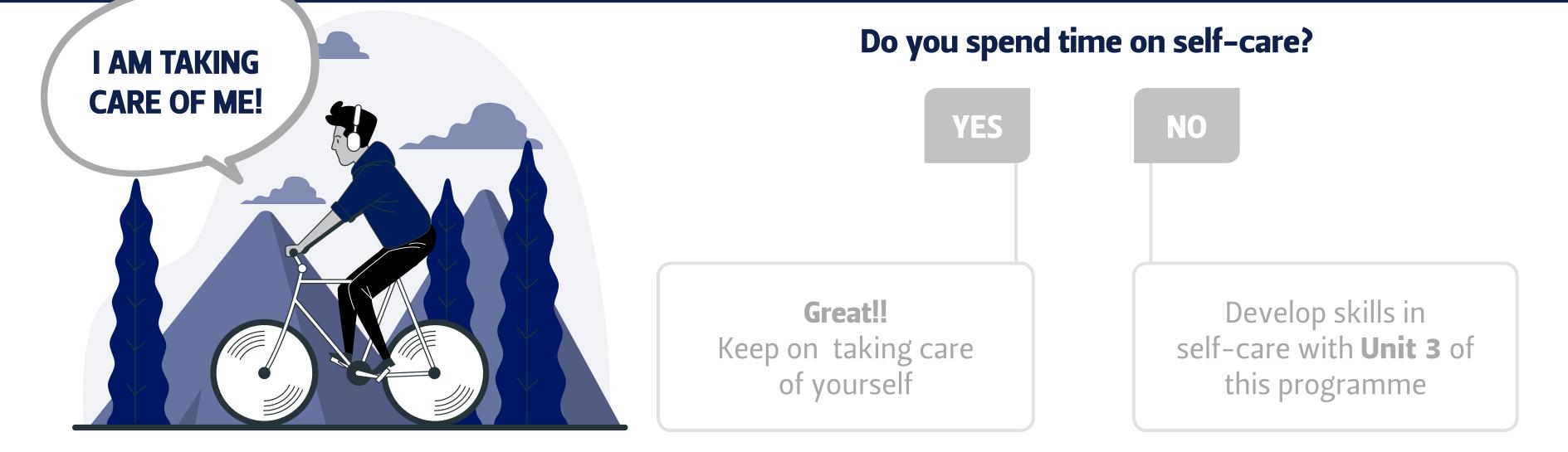
## WILL I BENEFIT FROM THIS PROGRAMME?

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





#### Are you taking care of yourself physically & emotionally?





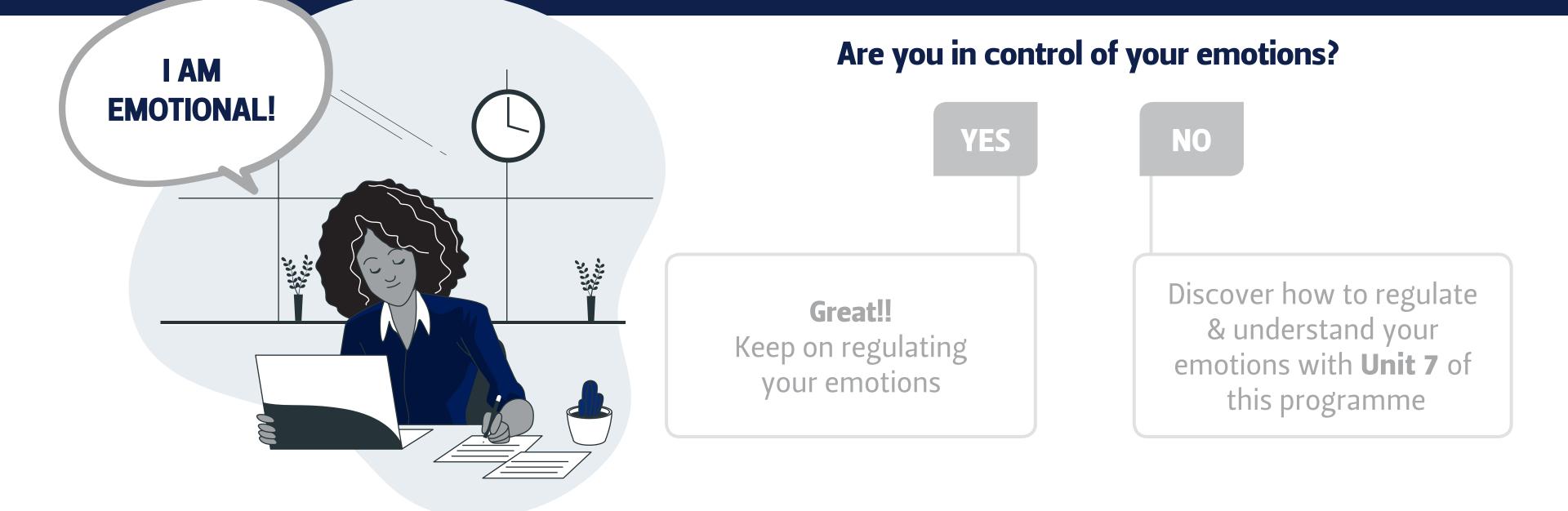
# Am I aware of and am I utilising my personal strengths?



#### Are you growing enough personally and professionally?

#### Are you challenging and developing yourself? **GROWING** ! NO YES Great!! Discover how to develop yourself & grow with Keep on developing **Unit 6** of this programme & growing

#### Are you effectively regulating your emotions?



#### Are you determined to achieve your dreams and goals?



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.

T: 051 401 2537 | E: NiemanCL@ufs.ac.za | www.ufs.ac.za **f** UFSUV | **V** UFSweb | **W** UFSweb | **O** ufsuv











