

The Vital Manager

How wellness and being mindful affects performance

3gHR's Vital Manager programme puts people at the heart of performance so they can restore and build vitality and improve resilience to achieve even more.

This one day programme is designed for Managers with responsibility for leading the actions and behaviours that contribute to business success. The workshop identifies how to unlock energy levels and prioritise people as a fundamental organisational resource.

Although organisations are unique, the one thing they have in common are the human beings required to drive performance. We will share best practices and proven scientific facts for methods to encourage people to be more healthy - and therefore more productive.

This customisable and interactive workshop focuses on:

- Energy and Resilience
- Wellbeing and Mindfulness
- Nutrition
- Managing the performance of others

The Learning Outcomes

- Understand the benefits of vitality and the impact it has on themselves, their team and the business they manage
- Identify methods to increase their own personal performance through improved vitality
- Explain their personal role in the resilience process and how they can influence organisational performance to increase productivity, effectiveness, and the quality of work of others
- 'Easy wins' to fuel their body in order to maximise temperament, concentration, and build sustained energy
- Identify disconnect strategies to ensure quality rest and relaxation in order to fully 'reboot' their system
- Demonstrate an understanding of how physiology holds the power to unleash the full potential of the brain
- Utilise mindfulness to develop a deeper appreciation of being in the moment mentally and physically

