



Wellness – Fitting Your Own Oxygen Mask First

Many of us are great at looking after others. Yet, when it comes to looking after ourselves, there are often barriers to our own self-care. This is where we need to consider our own wellness.

We hear a lot about wellness and we all want to be well, but have you ever wondered:

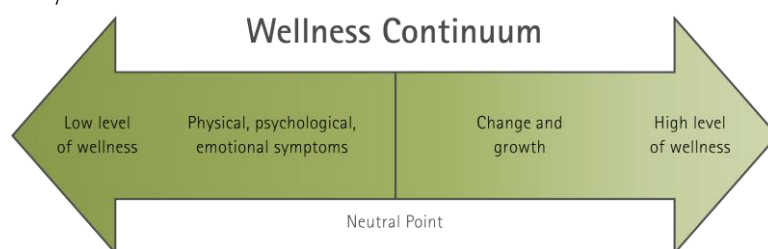
- What is wellness exactly?
- Why is it important?
- How do you overcome your barriers to implementing self-care and in turn, your personal wellness?
- How does wellness differ from health?
- What can you do to improve and maintain your own level of wellness?

This workshop has been developed to help you answer these questions and to support you to develop an action plan to implement the changes required to increase your own personal wellness.

A *Wellness – Fitting Your Own Oxygen Mask First* workshop can provide you with the following learning outcomes:

- Understand what wellness is and why it's important
- Explore a framework for understanding the dimensions of wellness
- Understand how small changes can make a big difference
- Appreciate why self-care is important not only to you, but also to others in your life
- Understand your current level of wellness through conducting a wellness audit
- Know how to create a personalised action plan for positive and sustainable change

This 3 hour workshop will set you up for success! By first understanding wellness, and then determining your current level of wellness, you will be well placed to put actions in place to both improve and then maintain strategies that will work for you.



For more information, or to organise a *Wellness – Fitting Your Own Oxygen Mask First* workshop, contact Laurene Di Salvo at Harvest Coaching and Learning on 0413 776 654, or email laurenne.disalvo@harvestcoaching.com.au.

Enhancing your Personal Wellness

During the workshop you will:

- Develop your personal understanding of wellness
- Be introduced to a wellness framework
- Conduct a 'wellness audit' to assess your current level of wellness
- Develop a personalised wellness action plan

Small changes can have a big positive impact on your life!