

Welcome



Welcome to the **Energizing our People to Perform** training!

Wellness is personal—It's essential to our survival and well-being.

The purpose of this training is that you rediscover a wellness routine that will bring out a healthier, happier, and stronger version of YOU!

Visualization Notes:

- This will be a static page. It will consist of text or text with image.

This training will help you to:

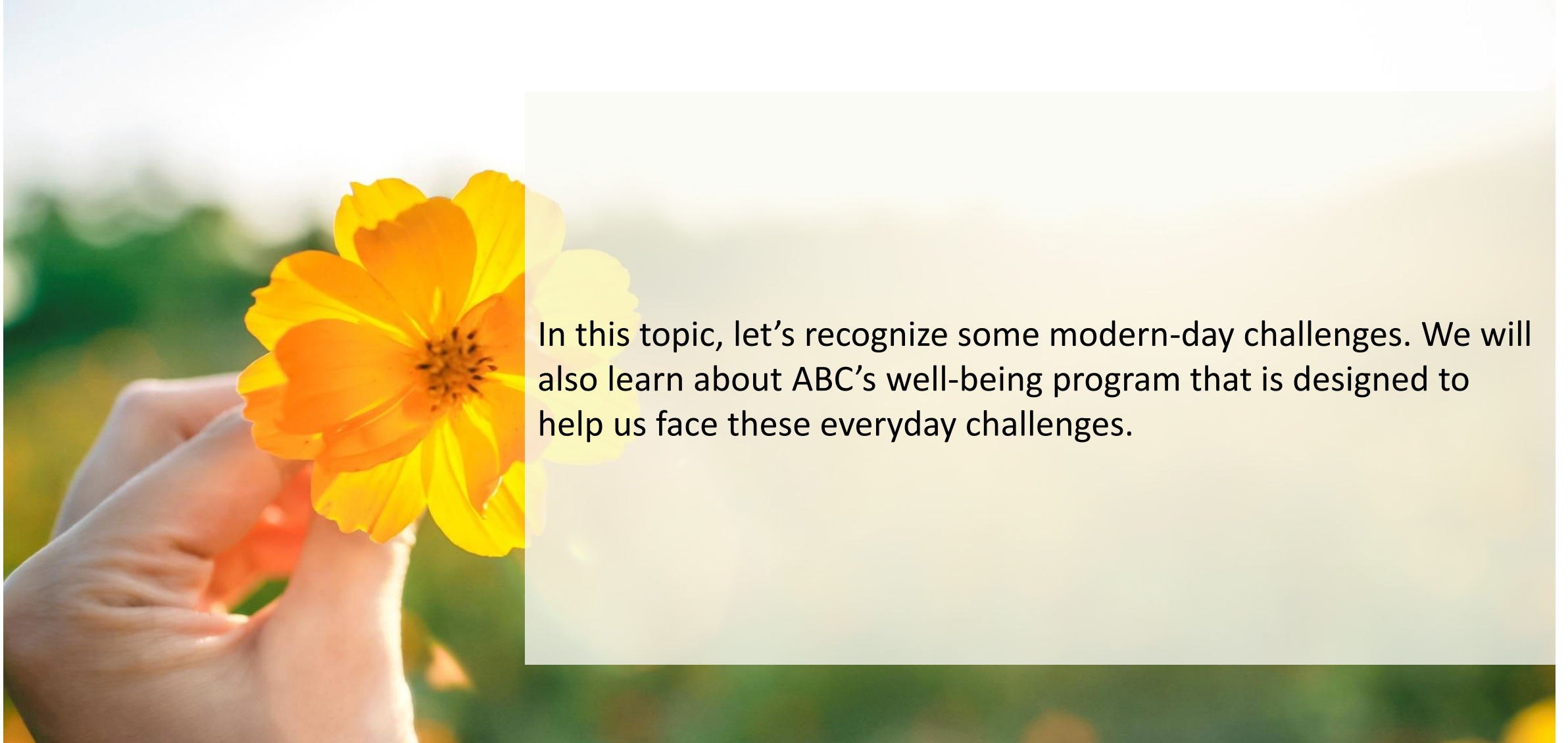
- Explain the importance of well-being.
- Apply the four dimensions of well-being—Physical, Emotional, Mental, and Social—to enhance your performance and productivity at work and in your everyday life.
- Describe ways to sustain your well-being by building positive habits and renewing your energy on a regular basis.



Finding a way

Where the road leads, I will go. Along the stark desert, across the wide plains, into the deep forests I will follow the call of the world and embrace its ferocious beauty.

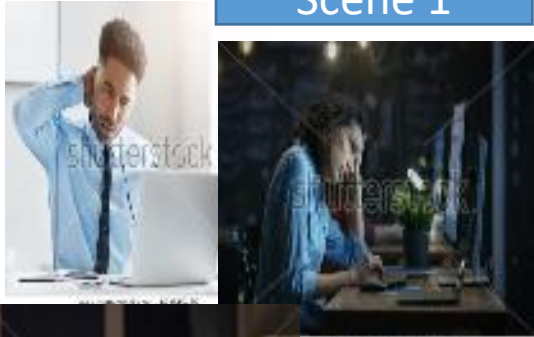
Introduction



In this topic, let's recognize some modern-day challenges. We will also learn about ABC's well-being program that is designed to help us face these everyday challenges.

Well-being@ABC

Scene 1



ABC has designed its own well-being definition

Scene 2

Well-being = Happy



Well-being = Energized at home

FreeUpYourEnergy

Well-being = Healthy



Well-being = Energized at work

Visualization Notes:

- **Scene 1:** Show images of people who are overworked. This should include images of people who are working till late hour, people who are multitasking, people who are stuck in traffic, etc. create a montage of these static images and sync it with the OST.
- **Scene 2:** Flip the last static image on scene 1. either give it a upside down treatment or flip it like a page. Once the image is flipped, show images of people who are happy with their family, people having fun/playing with their friends, show enthusiastic people at work

Audio Notes:

Since this program is a strategic priority for the company, we have written our own well-being definition.

At ABC, well-being means being healthy, happy, and making the most of our energy—not only at work, but also at home.

Introduction

Each of us need to take responsibility for our own well-being.

In this topic, let's discover the different ways to rejuvenate our Physical, Emotional, Mental, and Social well-being.



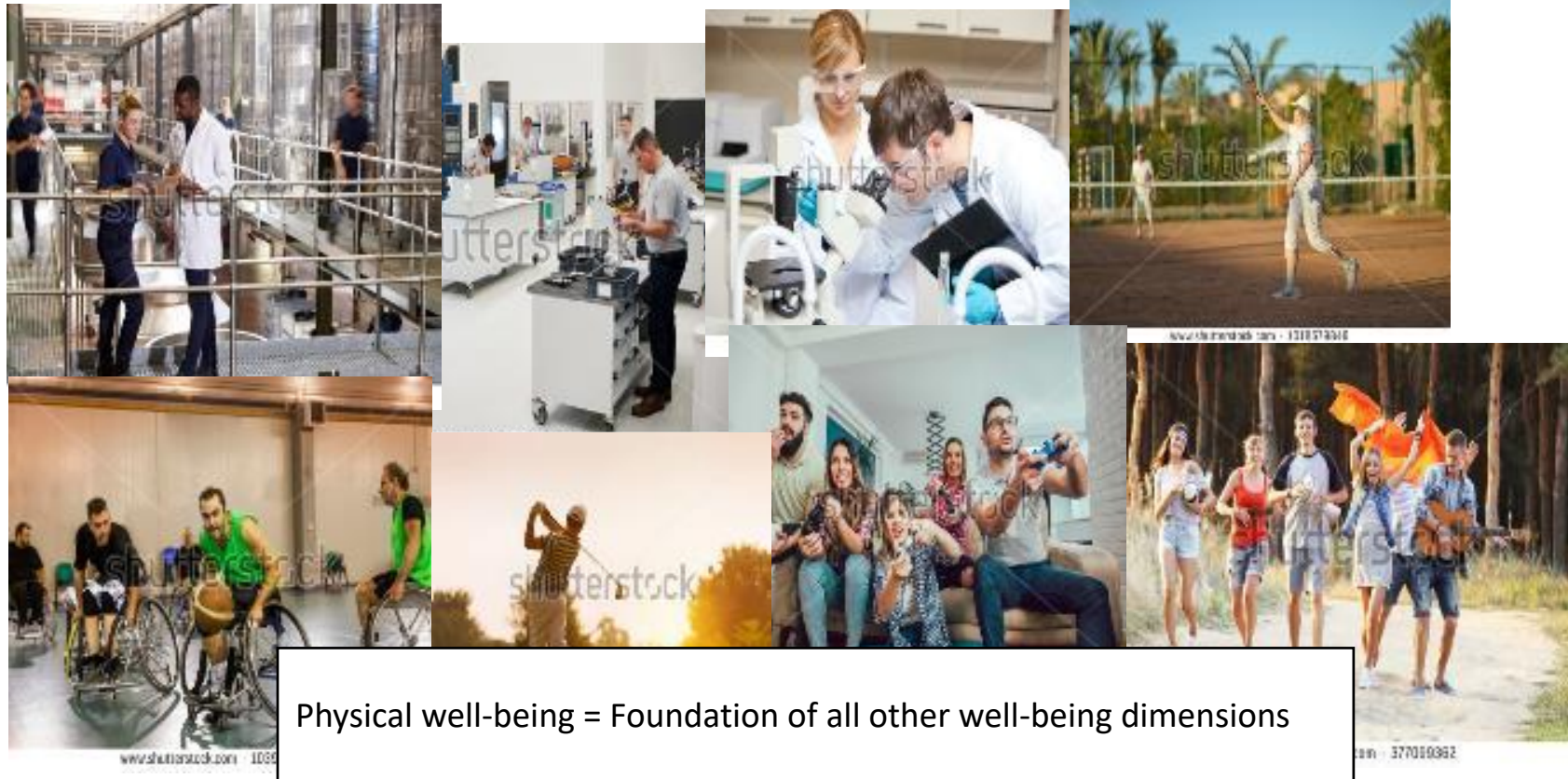
The Four Dimension of Well-being

We have been briefly introduced to the four dimensions of our well-being mainly Physical, Emotional, Mental, and Social. Let's deep-dive into each of these dimensions.

Play the video nugget given below to learn ways to boost your physical energy.



Physical Well-being



Physical well-being = Foundation of all other well-being dimensions

Visualization Notes:

- Show a video montage/image montage of people playing, working, and enjoying their lives.

Audio Notes:

Physical well-being is the foundation of all the other dimensions of well-being.

New Ways of Working—What Triggers You

In this activity, identify one trigger that can generate negative emotions in you and send you in to the Reactive Zones.

- Deprivation of time from family/friends due to long work hours
- Lack of recognition or reward from your seniors
- Unclear or overly demanding job expectations
- E-mails that are rude or have negative remarks
- Uncertainty or change

Click to Continue

Visualization Notes:

- Given below is a reference image of what the screen will look like:



- This will be an interactive page where the learners have to select factors that drains their energy from the given options.
- Once the user have selected the respective energy drainer, they can then click continue to read the conclusion

Mental Well-being—Scenario



Natasha, can we talk for a moment please?

Sure, Mr. Miller.



You know how much this company appreciates you for your hard work. But lately, I have noticed that you are making several silly mistakes, and this is unusual for you. For instance, only yesterday you forgot to e-mail me the revised quotation shared by our vendor. I got to know about the revision from the vendor.

I am sorry about that. It won't happen again.



Visualization Notes:

The present screen will be static screen with text and images.

As the users scroll down, they could view a part of the conversation between the two characters.

THANK YOU

