



PUBLIC COURSE		BOOST - ONE DAY WELLBEING COURSE	
<b>Date</b>	As per booking	<b>Location</b>	Aspire ZoomRoom
<b>Start time</b>	9:30 am	<b>Finish time</b>	5.00 pm

## How to Find Us

Nearest Tube/British Rail Station: Farringdon

On exiting the tube station by the main entrance turn right, or the British Rail station turn left, cross the road and walk up Greville Street. Leather Lane is fourth on the right. Number 18 is the black door on the right next to the Dept of Coffee and Social Affairs.

## Learning Outcomes

As a result of attending this programme you will:

- Understand a model for the four areas of wellbeing and how they are interconnected

- Learn how when under pressure you are affected by the four pillars.

- Identify the immediate, short and long term effects of sustained pressure

- Learn how your work-life status quo can be monitored and edited for greater efficiency

- Identify and change how your individual status quo is affected by sustained high demand or 'firefighting'

- Create a personal package to help you to work through high demand/firefighting periods with greater efficiency

- Use humour to work with your 'high demand' characteristics

- Have a specific toolbox of practical techniques to improve resilience and wellbeing

## Pre-Programme Work

### Preparation:

#### Emotional Bank Balance

Fill out the Aspire Emotional Bank Balance document for 1 week before the course

#### Brief for this

Imagine your emotional resources are like a bank balance. You have a small temporary overdraft (you don't have a large, long term one – that leads to difficulties).

At the end of each day audit what the day 'took from you' emotionally, e.g. a difficult meeting, one of the kids had to be collected early unexpectedly, you get a big bill in the post, you can't get the dates for the leave you wanted, and so on. What 'takes from you' is for you to identify – this is part of the process and will be different for everyone.

Also audit what you felt 'fed you'. This could be a nice lunch with a work colleague, your partner phoned unexpectedly and said I love you, you had a great meeting, you made the lunchtime gym circuit, your team got the contract.

The interpretation of what 'fed' you is part of this exercise so begin to notice what is having that effect.

Note each positive and negative event.

You will end up at the end of each day with some positive and some negative events.

Which is the biggest list? The day will therefore end up either – or + or neutral overall.

Record this for 7 days.

Think about a difficult situation that generates pressure – come ready to talk about this in detail.

If you have any questions do contact us at:

[info@aspire-leadership.co.uk](mailto:info@aspire-leadership.co.uk)

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