

Course Title: WWB - Workplace Well-Being - All Staff!

Automotivaters Training Delivery Methods: Trainer Lead: In-Person or Online Live via Zoom.

Duration: 6 hours in-person or 2 x 3-hour sessions via Zoom.

Attendees: All staff, including management.

Driving a Culture of Well-Being: Enhancing Workforces in the Automotive Industry!

Infusing well-being initiatives into the workplace is an effective strategy to grow and foster a healthy, vibrant workforce.

Despite the growing body of evidence on this topic, little has been done to promote well-being in the automotive industry. Automotivaters recognize the benefits of incorporating well-being into the workplace and have witnessed the dramatic impact that it can have on working environments.

Through our Well-Being Program, we teach actionable strategies and skills to enhance well-being in the workplace.

Program Overview:

Module 1: Workplace Well-Being

Well-being has a direct impact on colleagues and customers. In this module, participants learn the benefits and importance of incorporating well-being into the workplace using research-based practices. Topics include mindfulness techniques, boundary setting, and time management strategies.

At the end of this session, participants will be able to:

- Integrating well-being strategies into their personal and professional lives.
- Define and demonstrate direct and indirect mindfulness techniques.
- Develop an individualized meaning of work-life balance.

Module 2: Stress Management

The residual effects of stress directly influence our personal and professional lives. This module equips individuals with relatable and reliable techniques to gain control over their emotional and cognitive functioning. Participants will also learn common signs and symptoms of stress in others, and innovative ways to support them.

At the end of this session, participants will be able to:

- Recognize their response to stress and demonstrate effective strategies to combat it
- Identify signs of stress in others and demonstrate effective strategies to combat it.