

Well-Being

CEGOS SWISS. ONE ESSENTIAL AT A TIME.



What's in it for you?

When the lines between work and personal life are increasingly blurred, providing well-being learning and development opportunities is more critical than ever.

Well-being has become increasingly important in today's fast-paced and demanding world where the prevalence of stress and mental health issues has risen significantly, fueled by factors such as work pressures, social expectations, and the constant connectivity of technology.

Prioritizing well-being allows us to effectively manage and mitigate these stressors, reducing the risk of burnout and improving overall mental health.

Our learning journey will enable your people to develop essential skills for their personal and professional well-being, by increasing their self-awareness about the link between their stress, their emotions, their body, and their breathing.

They will have the opportunity to practice mindfulness, to develop effective strategies to unwind and manage negative emotions, and effective techniques for physical and mental recovery.

By focusing on the simple things that truly matter, they will cultivate gratitude and find happiness in everyday moments, prioritizing their overall well-being and contributing to a healthier workplace.

Who should attend?

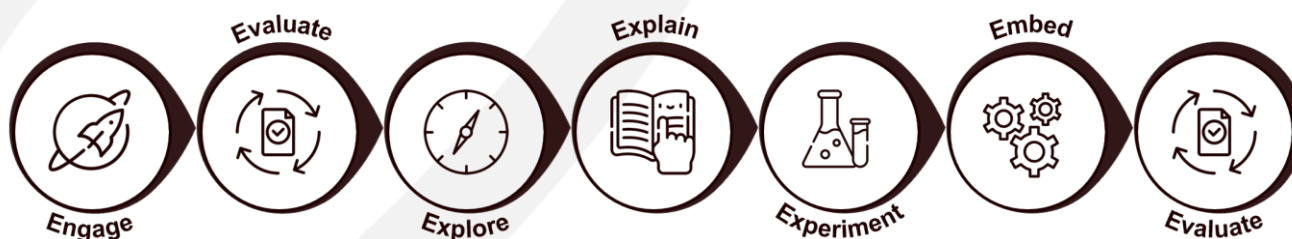
Everyone in the organization.

Good to know

A large-scale study of more than **12,000 employees** across **12 countries** demonstrates that fulfilling **employee recognition** is associated with **better employee wellbeing.**

Cegos Learning Framework

We apply our holistic and dynamic Learning Framework to build learning journeys that deliver more than just awareness of competencies and skills.



Every journey engages the learners beyond knowledge, learning step by step, to explore, experiment and embed their learning, transforming skills into performance.

By completing this learning journey, they will:

- Adopt daily mental and physical relaxation routines for a healthier lifestyle.
- Use simple and effective techniques to handle negative emotions.
- Use mindfulness techniques to unwind.
- Focus their attention to increase their presence and decrease the tension.

A proven model:



4-dimensional model

Digital learning:

- [Well-being in remote working](#)
- [Profiler: managing 4 dimensions of my life](#)

#MAKINGADIFFERENCE

Delivery modes:



Blended learning accessible in our [LearningHub](#).



Can be delivered **in-person and/or virtually** as most appropriate to you and your learners.

Duration: 14h total learning



6 hours of instructor-led learning.



8 hours of self-directed and on-the-job learning.

REF: WBN

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“It’s all about finding our personal balance.”

#TIL