

Recharge and Renew: Holistic Wellbeing Techniques for the Modern Professional

Hosting Organisation	Alpha School of English European Commission Organisation ID: E10166514
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Alpha School's Recharge and Renew: Holistic Wellbeing Techniques for the Modern Professional offers participants an immersive experience where participants will be given the opportunity to:

- Develop a thorough comprehension of holistic wellbeing.
- Acquire practical tools and techniques for effectively managing stress and fostering mental health.
- Cultivate a proactive approach to physical wellbeing through mindful practices.
- Strengthen emotional intelligence and resilience in addressing professional challenges.
- Foster a sustainable work-life balance, ensuring long-term success and fulfillment.

In today's fast-paced professional environment, maintaining holistic wellbeing is essential for sustained success and personal fulfillment. The "Recharge and Renew" course is designed to empower modern professionals with practical techniques to enhance physical, mental, and emotional wellbeing. Participants will explore a range of holistic approaches aimed at rejuvenating energy, managing stress, and fostering a healthy work-life balance.

The programme is delivered over 5 days by members of Alpha's dedicated team and involves both classroom contact time and an Offsite Training day, where participants carry out a relevant task related to course content.

The daily programme runs as follows:

- From **08.30 to 13.30** – including integrated breaks and Q&A/ Reflection/ Erasmus+ preparation

An overview of the Recharge and Renew programme:

Day 1: Foundations of Holistic Wellbeing

Aim: Introduce participants to the concept of holistic wellbeing, emphasizing the interconnectedness of physical, mental, and emotional health.

Learner Outcomes:

- Understanding the Holistic Wellbeing Model
- Identifying Personal Wellbeing Goals
- Introduction to Mindfulness and its Benefits

Day 2: Stress Management Strategies

Aim: Equip participants with practical tools to identify and manage stress in the professional context.

Learner Outcomes:

- Recognising Stress Triggers
- Stress-Reduction Techniques: Mindful Breathing, Visualisation, and Relaxation
- Developing a Personalised Stress Management Plan

Day 3: Offsite Training Day focusing on Physical Wellbeing Practices

Aim: Promote physical health through mindful practices and habits.

Learner Outcomes:

- Importance of Regular Exercise for Professionals
- Tips for Sustained Energy

Day 4: Emotional Intelligence and Resilience

Aim: Enhance participants' emotional intelligence and resilience to navigate professional challenges effectively.

Learner Outcomes:

- Understanding Emotional Intelligence
- Building Resilience in the Workplace
- Emotional Wellness Strategies

Day 5: Cultivating Work-Life Balance

Aim: Provide strategies for achieving and maintaining a healthy work-life balance.

Learner Outcomes:

- Assessing and Adjusting Work-Life Balance
- Time Management Techniques
- Creating a Personalized Wellbeing Action Plan

Assessment:

Participants will be evaluated through daily reflections, group discussions, and a final wellbeing action plan presented on the last day of the course.

Things to bring:

This is not an exhaustive list, but the following items are strongly recommended for participants of this **Recharge and Renew: Holistic Wellbeing Techniques for the Modern Professional** course:-

- A Wi-Fi-enabled mobile device, such as a mobile phone / tablet
- A laptop for classroom activities
- Chargers and earphones/headphones for these devices
- A UK adaptor - Maltese electrical sockets are three-pinned, the same as the UK
- Suitable clothing and footwear for walking
- Sunscreen with a high uva protection
- Water bottle
- A rucksack, or similar, for outdoor use
- A notepad and pens
- A sense of adventure, a positive attitude, and the willingness to integrate and participate in all activities

Our School:

We offer the following facilities at Alpha School of English:

- Qualified, experienced Trainers
- Wi-Fi access throughout the building
- Online resources reducing the amount of paper usage
- IT-enabled classrooms with digital display screen and charging points
- Modern toilet facilities
- Rooftop garden terrace
- Updated in-house course content
- Friendly, helpful administration staff

We look forward to welcoming you all to Malta and are confident you will enjoy your experience with us as much as we will enjoy your participation in our sessions.