



Champions of Wellness

INTRODUCTION TO EMPLOYEE HEALTH AND WELLNESS

Overview

Provide learners with the knowledge, skills, behaviour/s and attitude an individual will need to champion employee wellness.

Course Content

- Understanding and identifying with the concept employee health and wellness
- Applying the principles underlying critical thinking to create a paradigm shift enabling the learner to focus on a range of health and wellness topics and issues including chronic and non-communicable diseases affective wellness at work.
- Assisting a colleague in need
- Time management
- Strategic planning

Outcomes of the workshop

At the end of his course the learners will be able to:

- Understand and identify with the concept of employee health and wellness
- Able to address and share information on a range of health and wellness topics including chronic and non-communicable diseases affecting the current workforce.
- Be able to apply the principles of time management and strategic planning

Target Market

Peer Educators, Champions of wellness, Employees, Unit Manager and Supervisors.

Format

Interactive workshop

Duration

3 days

	Group Job Families		
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Paterson Grade	Support	Sales	Manufacturing	Engineering	Research	Duration	Entry requirement
E Level	x	X	x	x	X	3 days	NQF 3

Aligned to Unit Stand: SA QA US ID 254239, SA QA US ID 114212

IMPORTANT – COMPETENCY CERTIFICATION

All training modules provided by Positively Alive are outcomes based and as such a certificate of competency is only achieved once the delegate has successfully implemented, complete and submitted a portfolio of evidence against the required outcomes of the unit standards.

NO ATTENDANCE CERTIFICATES ARE ISSUED: - COPIES OF ATTENDANCE REGISTERS ARE HELD BY THE SERVICE PROVIDER AND ORIGINALS ARE SUBMITTED TO THE CLIENT.

Training Module Contents:

Chapter 1: Introduction to the wellness champion Introduction to Employee Health and Wellness

OBJECTIVES

To give learners the opportunity to discuss, debate and evaluate their role as employee health and wellness champions.

How the role of the champions of wellness is perceived, how are these perceptions overcome.

OUTCOMES

At the end of this module you will be able to articulate why you have elected to be a champion of wellness.

Have a better understanding of the concept champion of wellness

Chapter 2: Understanding the numbers and interpreting statistics (chronic + non communicable diseases)

OBJECTIVES

- The objective of this chapter is to enable the learner to interpret statistical data in a meaningful manner by using and applying analytical and critical thinking skills.
- To ensure that the learner is introduced to the concept: 'knowing your numbers' and hence understands and is able to promote participation in health screening and initiatives.

LEARNING OUTCOMES

At the end of this module you will:

- Be able to apply the principle of critical and analytical thinking.
- Use statistical data and communicate findings in an interesting and informative manner.



- Understand how proactive health screening and testing can improve the health and wellbeing of employees.
- Understand current high risk health issues and how to effectively communicate information to mitigate these risks.

This Section Covers:

- Blood pressure
- Cholesterol
- BMI
- Energy Balance
- Obesity
- Healthy Eating
- Men's Health
 - Prostate Cancer
 - Testicular Cancer
 - Male Breast Cancer
- Women's Health
 - Breast Cancer
 - Cervical Cancer
- HIV new developments
- TB, MDR and XDR

Chapter 3: Shifting Paradigm

OBJECTIVES

To enable the learners to transfer information that will shift the focus from HIV/AIDS to health and wellness and to create paradigm shifts in people's minds from associating their focus on HIV/AIDS to associating the role of a champion of wellness as one focussing on all health and wellness issues by doing so, improve the impact on people's perceptions of HIV/AIDS and wellness.

OUTCOMES

At the end of this module you will be able to create a paradigm shift in the minds of people by instead of focusing on HIV/AIDS, focus on workplace health and wellness in general.

Chapter 4: Lending a helping hand

OBJECTIVES

To provide champions of wellness with the skills, knowledge and behaviours to demonstrate their understanding of others needs and to apply the basic principles of counselling when required to champion wellness and to lend a helping hand.

OUTCOMES

- At the end of this module learners will be able to:



- Explain how psychological states and acceptance of illness or disease impacts on a person's wellness.
- Describe the knowledge, skills and behaviours required from champions of wellness to support and assist people who are concerned about their own and others wellness.

Chapter 5: Time Management

OBJECTIVES

To enable learners to apply time management principles and practices that will improve their effectiveness result in them being successful in championing wellness.

OUTCOMES

At the end of this module learners will be able to:

- Apply basic time management principles

Chapter 6: Strategic Planning

OBJECTIVES

To enable learners to apply strategic planning principles and practices when they compile a strategic development plan to champion wellness.

OUTCOMES

At the end of this module learners will be able to:

- Use strategic planning framework to compile a strategic wellness development plan.