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# MASTER WORKPLACE WELLNESS & PERFORMANCE





BY ELITE INDIGO


www.eliteindigo.com

khenghuat.koay@gmail.com


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# Master Workplace Wellness & Performance

## • Program Overview

Stress, fatigue, and burnout are no longer just personal struggles—they are workplace nightmares! Employees are often juggling high-pressure work environments with tight deadlines, and constant problem-solving, leaving little time for self-care, mental clarity, and energy optimization

Research shows that around 1 in 6 people (14.7%) experience mental health problems in the workplace.

Nearly half (48%) of employees say their mental wellbeing declined in 2022, and 28% said they are miserable in their workplace. 60% of employees also reported feeling emotionally detached at work.

When mental health is compromised, relationship impaired, productivity and creativity rocks bottom.

## • Learning Objectives

By the end of the course, participants will be able to:

- Map & manage stress triggers with customized coping strategies to effectively handle workplace triggers and prevent burnout.
- Reset physical and mental tension using grounding, movement, and posture shifts
- Develop mental agility and resilience through quick focus reset tools that enhance clarity and decision-making.
- Enhance cognitive flexibility & problem-solving skills through micro-mindfulness and cognitive reframing.
- Implement smarter time management strategies such as priority mapping, time blocking, and the Swiss Cheese Method.
- Optimize energy levels naturally by understanding circadian rhythms and sleep chronotypes.
- Build sustainable self-care habits that integrate seamlessly into a demanding work schedule.
- Cultivate happiness & workplace motivation using the science of Dopamine, Oxytocin, Serotonin, and Endorphins.

## • Duration

Two (2) Full-Day Workshop;

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## • Methodology

This workshop is highly interactive, experiential, and results-driven, ensuring participants gain practical tools they can apply immediately.
Course Methodology:
• Interactive Discussions – Engaging workplace scenarios & case studies.
• Experiential Learning – Hands-on activities, mindfulness exercises & movement based techniques.
• Cognitive & Emotional Anchoring – Psychological techniques to reinforce learning.
• Reflection & Application – Self-assessments, guided reflections & action planning.
• Live Demonstrations & Role-Playing – Real-time application of techniques in a corporate setting.
The goal is to not only understand wellness concepts but to experience and integrate them into daily work life for long-term transformation.

## • Program Value Proposition

Actionable, science-backed methods – No fluff, just real tools for real workplace challenges.
• Engaging, experiential learning – Interactive activities, movement-based stress relief, and mindfulness integration.
• Custom-fit for high-performance professionals – Designed for managers, engineers, and executives who need wellness strategies that work within demanding schedules.
• Sustainable, long-term impact – A holistic approach to productivity, focus, and work-life balance.

## • Target Audience

This program is ideal for individuals who struggle with workplace stress, burnout, or maintaining work-life balance, as well as leaders looking to enhance team well-being and engagement.

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# Master Workplace Wellness & Performance

## • Course Schedule (Day 1)

| DAY/TIME | Description |
|---|---|
| 30 Minutes | **Welcome & Introduction**<br>• Setting the Stage for Workplace Wellness<br>• Overview of workplace stress, resilience, and well-being<br>• Icebreaker: Self-Check - "How do you feel today?"<br>• Pre-Assessment Quiz |
| 1 Hour | **Module 1: Workplace Stress & Energy Drains**<br>• Stress Awareness: Is Stress bad? Stress Performance Curve<br>• Workplace stressor & triggers: Stress Personality & Threshold<br>• Burn-out early detection: Are You Stressed?<br>• Activity: Workplace stress mapping: Participants list key stressors |
| 1 Hour | **Module 2: Stress In Body & Tension Release**<br>• Recognize how stress affects physical and the symptoms<br>• **Physical Stress Release & Reset**: Grounding Practice, Dynamic Movement, Shake Off Stress<br>• Activity: Pair Exercise: Guided Tension Release |
| 1 Hour | **Module 3: Instant Emotional State Shift with Body Language**<br>• Physiology is Psychology: Identify how body affects emotions<br>• Posture and movement to shift mood, reduce anxiety, and build confidence<br>• "Power Posing" to boost confidence<br>• Activity: Identify positive |
| 1 Hour | **Lunch** |

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## • Course Schedule (Day 1 Continuation)

| DAY/TIME | Description |
|---|---|
| 1 Hour | **Module 4: Stress in Brain & Focus Reset**<br>• Brain overload and mental health<br>• Cognitive Buffer Zone Technique (CBZ): Pause Before Reacting (Micro Mindfulness) ; Label the Emotion (Name It to Tame It); Physical Reset (Movement & Sensory Techniques)<br>• Activity: Follow The Leader game |
| 1 Hour | **Module 5: Mental Agility & Resilience**<br>• Negative Bias Shift: Reframing (Changing the perspective)<br>• Positivity Twist with WORDS: Transformative Words<br>• Between Reaction & Response: Buffer Time with 5-Seconds-Rule<br>• Activity: Group Rhythm Challenge |
| 1 Hour | **Module 6: Mindfulness Art for Stress Relief**<br>• What is Mindfulness?<br>• Practical Mindfulness Principles at workplace<br>• Mindful Doodling: Creating 'White Space' for Calm and Still<br>• Activity: Mindful Doodling / Stress Map Art |
| 30 Minutes | **Reflection & Closing**<br>Day 1 Debrief & Key Takeaways - Summary of learnings |

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## • Course Schedule (Day 2)

| DAY/TIME | Description |
|---|---|
| 30 Minutes | **Review & Revision**<br>• Recap of key learnings & experiences<br>Group Sharing: My Most impactful techniques |
| 1 Hour | **Module 7: Self-Care with Time Management**<br>• Time Concept & Personal Time Audit<br>• Powerful Time Tool: Eisenhower Priority Matrix; Swiss Cheese Method; Time Blocks; Power Microbreaks<br>• Activity: Daily Prioritization Plan |
| 2 Hours | **Module 8: Self-Care With Energy Management**<br>• Personal energy peaks & dips: Align with Circadian Rhythms<br>• Sleep Chronotype Identification: What are your Sleep Types?<br>• Optimize Energy Pattern & Sleep Types: Aligning tasks and work schedule with natural body clock and energy level<br>• Activity: Sleep Chronotype Assessment |
| 1 Hour | **Lunch** |

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## • Course Schedule (Day 2 Continuation)

| DAY/TIME | Description |
|---|---|
| 1 Hour | **Module 9: Happiness & Emotional Well-being at Work**<br>• The Science of Workplace Happiness: How Happy Hormones (D.O.S.E.) affects mood, motivation, and well-being<br>• The DOSE of Happiness: Dopamine (Motivation & Reward); Oxytocin (Connection & Trust; Serotonin (Mood & Confidence); Endorphins (Stress Relief & Energy)<br>• Stimulate DOSE of Happiness: Powerful Micro-Practices<br>• Activity: Identifying workplace triggers for Dopamine, Oxytocin, Serotonin, Endorphins |
| 1 Hour | **Module 10: Finding Purpose & Fulfilment with Ikigai**<br>• Workplace Happiness Equation: Happiness is linked to meaningful work and daily habits<br>• Finding Workplace Ikigai: Your passion, strengths, and contribution at work<br>• Create Ikigai Happiness Habit & Commitment<br>• Activity: Discovering Personal Ikigai & Workplace Purpose Alignment |
| 1 Hour | **Module 11: Stress Less Achieve More Wellness Blueprint & Next Steps**<br>• Integrating stress management techniques into daily work life: Creating a 90-day well-being action plan.<br>• Sustaining Wellness Habits: Writing a commitment letter to "future self" for long-term well-being, or accountability buddy<br>• Activity: Define Personal Challenges & Action Steps |
| 30 Minutes | **Reflection & Closing**<br>Day 2 Debrief & Key Takeaways - Sharing from Participants |

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## ABOUT ELITE INDIGO

We are dedicated to empowering businesses to achieve their full potential. With a team of seasoned professionals and a wealth of industry experience, we offer tailored consulting services to help organizations overcome challenges and seize opportunities.

## WHY CHOOSE US?

98% Customer Satisfaction based on Google Reviews




4.9 ★★★★★ 600 Google reviews

All our courses are 100% HRDF claimable and no PO needed.

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+60124001158 www.eliteindigo.com khenghuat.koay@gmail.com