



# Employee Wellness Program

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## Program Syllabus

ONLINE

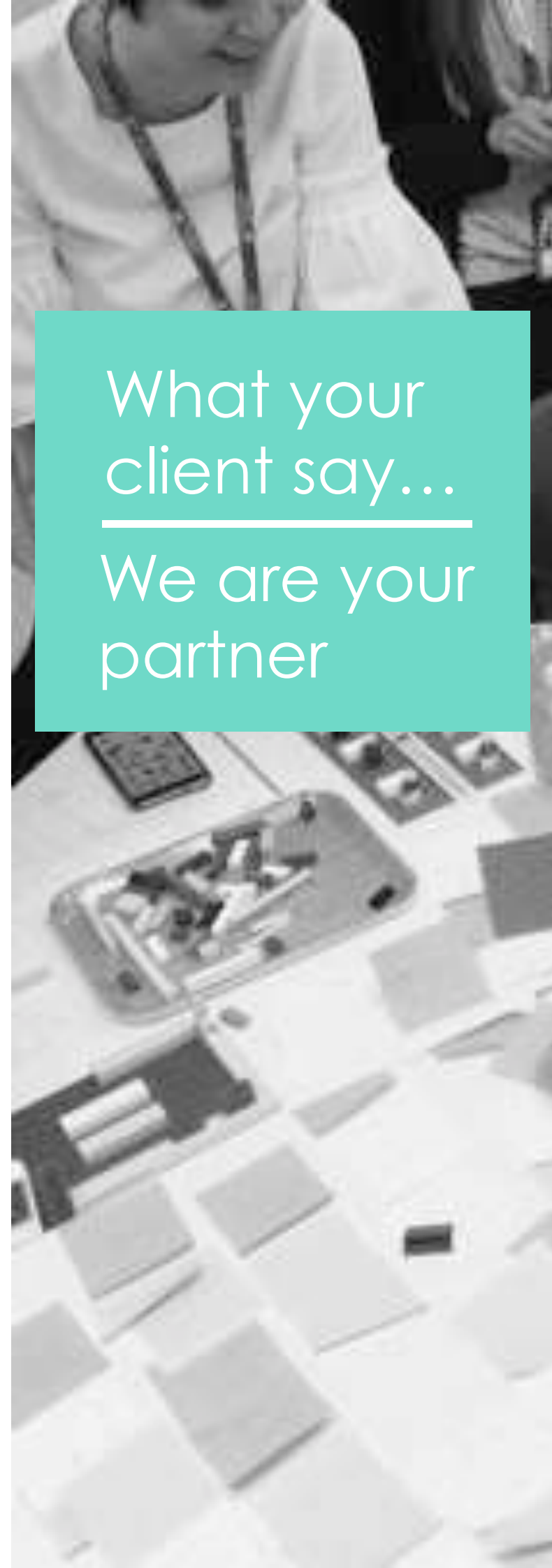




# Highlighted Clients







What your  
client say...

We are your  
partner



The training is interesting and fun. Also, it can give me some insight on how team work can improve efficiency. This was an excellent event. It could deliver the People Workstream messages in a fun way. Greatly appreciate the effort for the management team and the organizing team

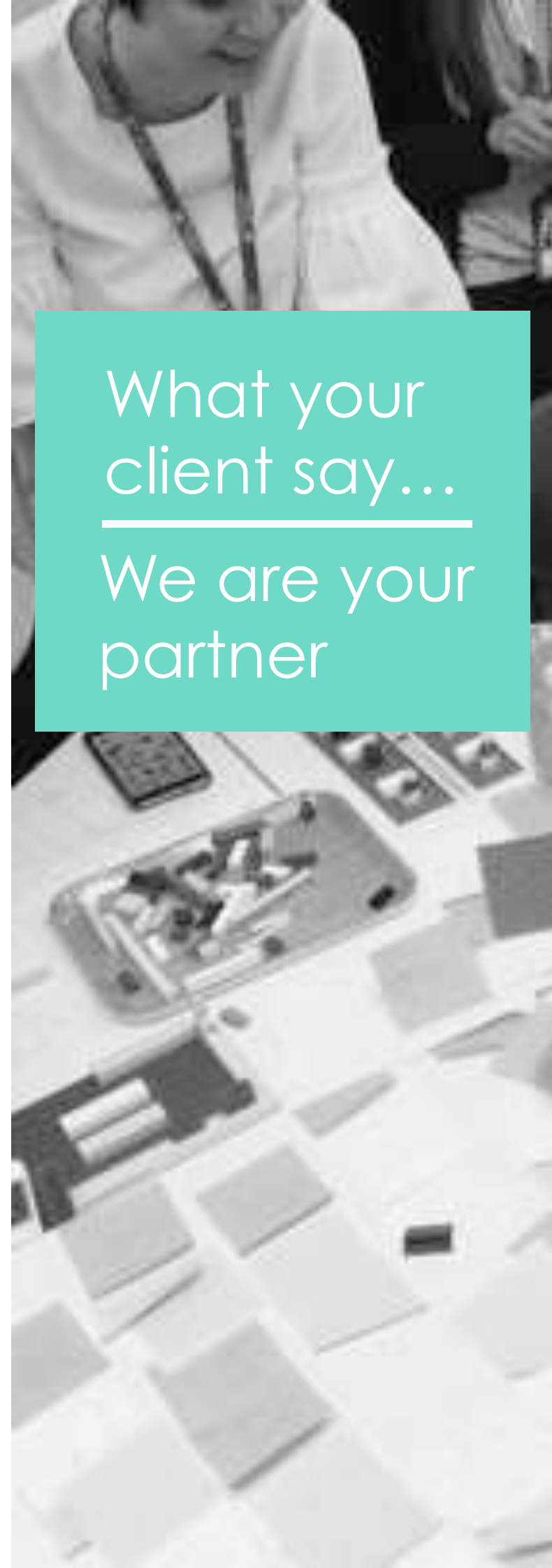


It is worth nothing that the participants in the training had enjoyed themselves, as well as finding the training to be extremely useful. The training has prepared our competitors adequately for their upcoming participation in the WorldSkills Competition, particularly in the bonding and team spirit among team members.



I would like to thank you the team at SENSE Training House for providing professional service to Hong Kong Broadband Network Limited on a departmental team building day.

Your personal and the team dedication to making our team building day a success with timely and efficient solutions made the day a smooth and fruitful one. The key factors for choosing to work with SENSE Training House were your LEGO® SEROUS PLAY® knowledge, flexibility to adapt to our constant changing needs and requirements, as well as your ability to cater our stretching objectives within our budget.



What your  
client say...

We are your  
partner



The team has been very helpful during the entire process, from discussion on workshop requirements to workshop implementation.

We had many team building experiences before but this LEGO® workshop was definitely one of our best experiences. We had a lot of fun during the session and the design of the workshop enables our team to know each other better, with better understanding on effective communication leadership.



The training was very engaging, energizing and practice-oriented. Facilitator is experienced and able to lead interesting and focused discussion. Our participants enjoy learning through LEGO® bricks exercise and leave with positive feedback. It is a pleasant experience to work with SENSE training house facilitator on program design, delivery and post workshop follow up.



The top management enjoyed the training program on that day. Million thanks for you and your team. We look forward to our next co-operation.



# Employee Wellness Program

## Program Syllabus

The purpose of employee wellness programs is to improve employees' health and well-being, often through preventive care. Goals can include preventing and managing chronic diseases to lower their health and economic burden, improving employee morale and motivation, and improving employees' quality of life.

The program offers a range of professionally designed activities, workshops and team challenges, so to help your team to make the goal achievable.

|   |    |
|---|----|
| <i>Your Instructors &amp; Wellness Team</i> ..... | 6  |
| <b>PROGRAM 1</b>                                  |    |
| <i>Stress Relief Workshop</i> .....               | 7  |
| <b>PROGRAM 2</b>                                  |    |
| <i>Mindfulness Workshop</i> .....                 | 8  |
| <b>PROGRAM 3</b>                                  |    |
| <i>Yoga &amp; Meditation Workshop</i> .....       | 9  |
| <b>PROGRAM 4</b>                                  |    |
| <i>Individual Consultation</i> .....              | 10 |
| <i>Profile of Key Facilitator</i> .....           | 11 |
| <i>Budget</i> .....                               | 13 |





## Your Instructors & Wellness Team

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Our team helps your team to assess their current physical and emotional state, and helps them set goals for what they want to achieve in their overall wellness and health.

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### INSTRUCTORS

SENSE's courses are taught by SENSE lecturers who have practiced their skills in the field for many years and bring new ideas to market. They brought SENSE's more than 10 years of experience working with cross-industry global organizations into online courses and combined practical case studies and examples.

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### WELLNESS TEAM

Get support from our wellness team with teaching and professional expertise. These experienced professionals can empower you and your workforce to reach the optimal level of health.

## Program 1

# Stress Relief Workshop

## Program Syllabus



Feeling irritated and annoyed by work? Could not sleep well? Losing your appetite? These may be signs of burnout. Burnout is a psychological stress which caused by the chronic work stress. Burnout affects staffs' physical and psychological health as well as their motivation and performance for work. This Stress Relief Workshop helps staff to relieve stress and negative emotions as well as to increase their motivation for work, benefitting both staff and the company.

### **COURSE OBJECTIVES**

- Understanding stress and emotion
- Gaining better self-understanding
- Introduction to practical stress relief techniques (e.g., mindfulness and relaxation exercise)
- Tips on daily exercise to maintain well-being
- Interactive activities
- Designed and facilitated by Counselling Psychologist

### **TIME COMMITMENT**

- 1 to 1.5 hours per lesson

## Program 2

# Mindfulness Workshop

## Program Syllabus

How to deal with stress? Learn about simple mindfulness tools to deal with daily stressors. Mindfulness is the psychological process of bringing one's attention to experiences occurring in the present moment, which one can develop through the practice of meditation and through other training. You can do mindfulness practices in daily life easily. Enjoy every moment in life with greater awareness of your thoughts and feelings. Learn to be more gentle with yourself and maintain a more focused and balanced life.

### COURSE OBJECTIVES

- Maintain a more peaceful state of mind
- Enhance awareness in everyday life
- Enhance personal growth and mental well-being
- Deal with daily stressors strategically

### TIME COMMITMENT

- 45 mins per lesson

# MINDFULNESS



MEDITATION



BREATHE



BALANCE



STRESS REDUCTION



AWARENESS



BODY



SOUL



## Program 3

# Yoga & Meditation

## Program Syllabus

The practice of yoga involves relaxation or mediation, which will bring participants to to a completely relaxed state of being. It provides opportunities for participants to clear the mind from everything that's perturbing it and led them through the process of inner peace and having the positive self-talk, in return, have better relationship with others, help employee deal with the emotions and stress, and also achieve the self-improvement.

### TIME COMMITMENT

- 45 mins per lesson

### COURSE OBJECTIVES

- An introduction to wellness travel
- Create work life balance, and give yourself an opportunity to truly relax
- Stop overthinking, and open yourself to a more positive way of thinking
- Empower confidence and surround yourself with positive energy
- Refresh ability to concentrate



## Program 4

# Individual Consultation

## Program Syllabus

Speaking of health, most people think of its physical side and overlook mental wellness. Individual counselling service will help you overcome challenges and strive for "Total Wellness".

It enables you to better cope with life's difficulties by providing educational support to address different issues. Our counsellors help deal with problems in a strategic way through social, personal, career and emotional development whilst advising on ways to live healthy and fulfilled lives.

Causes of mental health issues usually are related to interpersonal relations, family & baby care, alcoholism & drugs, spending & gambling, work pressure, death of pets and chronic insomnia etc.

### **TIME COMMITMENT**

- 45 mins per session



# Profile of KEY FACILITATOR

## **WINNIE NG**

*SENSE Training House, Training Consultant*

*Certified LEGO® SERIOUS PLAY® Facilitator*

*Member, The Hong Kong Professional Counselling Association (HKPCA)*

*DvT Drama Therapy Practitioner*

*Master of Counselling (HKU)*

*Bachelor of Social Sciences (Criminology; Social Work; Social Administration, HKU)*

Since graduated from The University of Hong Kong in 2009, Ng has been working in the media field for 7 years. It allows her to interview with international brands and CEOs, enriches her understanding of how a successful corporate should be managed. She has acquired her Master of Counselling in 2015 and continuously equips herself as a drama therapist. She started to take part in LEGO® SERIOUS PLAY® in 2015, it is an innovative process designed to enhance innovation and business performance. She has worked with schools, universities, banks and various corporates to facilitate them for a better communication system and team work. Counselling, training, coaching and facilitation skills have been actively used in her work. Highly motivational spirit helps participants to engage easily.





# Profile of KEY FACILITATOR

## **JOHNNY WONG**

*CHt, MSW, RSW*

*Corporate Trainer, Sense Training House*

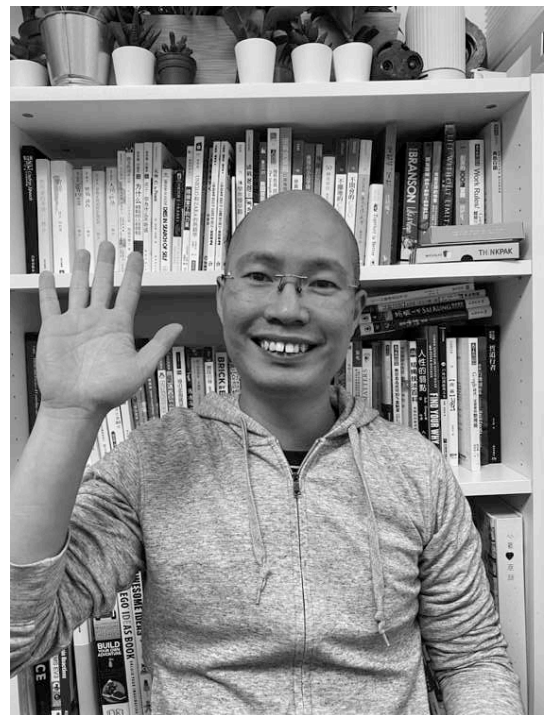
*Certified Hypnotherapist, International Medical and Dental Hypnotherapy Association (USA)*

*Honorary Lecturer, Department of Social Work and Social Administration, University of Hong Kong*

*Registered Social Worker, Social Worker Registration Board*

*Advance Skin-Diving Instructor and SCUBA Diving Club Instructor, World Underwater Federation and Hong Kong Underwater Association*

Johnny has been working as a social worker for more than 12 years. He is very experienced in personal counseling, group facilitation and team building. As an honorary lecturer in the University of Hong Kong, he has fully equipped himself with the latest and advance training skills. He is one of the first Hong Kong LEGO® SERIOUS PLAY® facilitators. He has been collaborating with corporates, schools and NGOs with such tools to do team building, creativity workshop and communication enhancement.



# SENSE Training House

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