

Ways to mindful healthy living at workplaces

15 - 19th June 2017 & 17 - 21th January 2018 Athens, Greece

Course description

Employees spend one third of their time at work. Therefore, the promotion of healthy lifestyles at work is the key for health promotion and productivity issues. Unbalanced food habits and lifestyles can reduce 20% of worker's productivity. Fulfilling physical activity recommendations can reduce half the risk of cardiovascular diseases, diabetes type II and obesity. Being physically active as well decreases stress, anxiety and depression, and it improves mental health.

A healthy environment, knowledge and skills can have a great return on enterprises because contributes to healthier, more confident and productive employees. The multi-approach course on healthy lifestyle's interventions with psychological strategies to changing habits aims to maintain and improve the health of the staff. It optimizes the use of available resources, adapts the work environment for the implementation of interventions and sustainable, feasible and evaluable strategies.

Methodology

The course aims to a generative change of organizations and communities into healthy worksites. Its methodology includes coaching in healthy worksites (healthy eating, active pauses, strategies for behavior changes, and mindful eating and living). It facilitates organization-wide changes through appreciative tapping of strengths, ideas, aspirations and co-evolved imagination.

Designed for

The course is designed for staff members of public or private organizations. In order to implement these strategies, it is essential that the Direction is committed with the direct implication of the intermediate Heads and the Risk Prevention Service. The course is designed more specifically for: Corporate Social Responsibility Department, Health and Medical Departments, Managers, Social Workers, Counsellors and Organisational Development professionals specialized in HR.

Benefits of A.L.

Lifestyle and motivating intervention strategies for healthier and more productive workplaces.

Programme

This workshop is highly experiential and participative. It consists of short theoretical inputs, concrete exercises and group discussions. Reflecting upon and applying each tool to real-work life cases to practice and gain new insights and ways of decision making.

Day 1

1. **Self-Awareness.** *How to avoid impulsivity and disorganization*
 - 1.1 Introduction
 - 1.2 Positive psychology points

- 1.3 Goal setting in personal level
- 1.4 Goal setting in organizational level
- 1.5 Need analysis exploration
- 1.6 Appreciative action planning

Day 2

2. **Mindfulness.** *How to avoid anxiety and stress that overwhelm you and your organization*
 - 2.1 Mindful relaxation
 - 2.2 Stress management skills & technics
 - 2.3 Time management skills & technics
 - 2.4 Make your life easier without triggers and excuses and be more happy and efficient

Day 3

3. **Healthy Food and Healthy Living choices.** *How to get the most from what you eat and how you behave*
 - 3.1 Introduction to Healthy living
 - 3.2 Recommendations, healthy eating and hydration, physical Activity and Adequate Rest
 - 3.3 Guidelines for choosing a healthy and balanced menu
 - 3.4 Guidelines for Healthy Tupperware, Healthy Cooking Techniques
 - 3.5 Smart choices at the working setting context, Brain boosting snacks
 - 3.6 Vending Machines recommendations
 - 3.7 Healthy offer for meetings and working events

Day 4

4. **Practical implementation**
 - 4.1 Eating mindfully. *How to avoid mindless eating and have a good relationship with food*
 - 4.2 Active breaks. *How to avoid sedentary lifestyle and be more active at work*
 - 4.3 Solutions for Enterprises: Evidence, Interventions (developing, implementing, evaluating). *How to move from cardiodiabesogenic work environments to mindful healthy living workplaces*

Day 5

5. **Outdoor activity.** *Pack and reflect your new knowledge outdoors*
 - Evaluation
 - Debriefing and Closing

Instructors

Markos Perrakis holds a Ph.D. in "Leadership Styles and their Efficiency in Organisations". International speaker, psychologist, consultant and trainer of individuals and teams. Founder and Managing Director of Fractality (www.fractality.gr) Organisational Development Services and ISO 9001:2008. He specializes in coaching, supervision, human capital development, training and assessment. He is trained in Systemic Consultation, a certified provider of Vocational Guidance and Professional Orientation, of psychometric assessments and coaching tools for teams and individuals in organizational, career and personality issues. He is representative of ANSE (Association of International Institution Supervision in Europe), Scientific partner of EUMU (European Union of Small and Medium Enterprises) in Greece in fields of Strategic planning and Human capital development programmes.

Anna Bach-Faig is a pharmacist and MSc and Ph.D. in “Public Health Nutrition”. Professor of the Master of Nutrition and Health Studies Health Sciences at the Open University of Catalonia (UOC). She has been involved in projects of health promotion and research in nutrition and health, most of them multidisciplinary, both nationally and internationally. She has large experience in training enterprises in healthy lifestyles at work (Henkel, Generalitat de Catalunya). Technical and scientific expert involved in European and Nacional projects, guidelines and books linked to healthy lifestyles such as AMED (Promotion of healthy eating restaurants & caterings, SALTA’L (overweight and obesity in a multidisciplinary approach to public health), GUSTINO (Promotion of healthy eating restaurants & caterings through the ticket restaurants net); MED DIET (promotion of Mediterranean Diet at restaurants, schools and local entities), FOOD (Fighting Obesity through Offer and Demand)

Date, Time and Place

Duration: 5 days
Dates: 15 - 19th June 2017 & 17 - 21th January 2018
Location: Athens, Greece

Participation Fee

The fee for this course is 670 Euros. More information about funding possibilities can be found on our [International Funded Workshop pages](#).

It includes tuition fee and educational material, certificates of participation, welcome cocktail, group dinner, half day excursion (optional) to the idyllic Temple of Poseidon in Cape Sounion (<http://en.wikipedia.org/wiki/Sounion>) in the Attica seaside or similar excursion.

Accommodation and meals are not included in the above fee, but can be arranged by FRACTALITY at special price/low cost for half or full board, in three or four star hotels in the city center. We can always manage low prices for groups.

Pre-registration

Every interested organisation in this workshop is invited to submit a [Pre-registration Form](#).

Application deadline

Please note that the application deadline for Erasmus+ funding is the 2nd of February 2017, 12:00 CET.

Contact us

If you have any further questions please contact us at info@fractality.gr or call us at +30210601052.