

B - Transformed Health and Wellness Transformation

Overview

Provide learners with the knowledge, skills and behaviours to be able to assist their colleagues and the organisation to embrace health and wellness transformation.

Course Content

- Models of transformation
- How to manage transformational
- Why people resist transformation
- Coping with transformation
- Using resources to achieve transformation

Outcomes

At the end of the workshop learners will be able to:

- Explain the different change models
- Understand the concept "change management"
- De conceptualise and explain the concept "Paradigm shift"
- Introduce and manage change initiatives
- Understand and explain the roles and responsibilities of a change agent
- Deal with resistance to change

Target Market

To provide the delegates with the know how to act as health and wellness transformation agents to assist fellow employees and management to alter health and wellness behaviour in the workplace.

Target market

Champions of wellness who have completed the "Living Positively" training course.

Format

Interactive Workshop

Duration

3 days

Paterson Grade	AECI Group Job Families					Duration	Entry requirement
	Support	Sales	Manufacturing	Engineering	Research		
E Level	X	x	x	x	X	3 days	NQF 4

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: Models of Transformation

Objectives

To provide the delegate with an understanding of different transformational, (change) modules. To give an overview of the theories and practices that can be used to promote transformation. To enable the delegate to be equipped as health and wellness transformation agents in the workplace.

Outcomes

- Understand different transformation modules
- Have an understanding of the theories and practices that promote and encourage transformation.
- To apply transformational theories and practices in respect of employee health and wellness to bring about desired change both in their lives and the lives of their colleagues.

Chapter 2: How to Manage Transformation

Objectives

To provide skills and an understanding of the dynamics and psychology needed by the employee wellness champion to manage transformation effectively to improve the health and wellness of all employees in the organisation.

Outcomes

- Understand the concept “change management”
- Have a clear understanding of the strategies that ensure effective and positive transformation.
- How to affectively encourage and manage the requirements and promote an environment that sustains the transformation.

Chapter 3: Paradigm Shift

Objectives

To provide skills and an understanding of the dynamics and psychology needed by the employee wellness champion to manage transformation effectively to improve the health and wellness of all employees in the organisation.

Outcomes

- Understand the concept “change management”
- Have a clear understanding of the strategies that ensure effective and positive transformation.
- How to affectively encourage and manage the requirements and promote an environment that sustains the transformation.

Chapter 4: Coping with Resistance to Transformation

Objectives

To provide the delegate, with an understanding of the reasons why people resist transformation, while empowering them with the skills to overcome resistance to change.

Outcomes

- The delegates will have an understanding of why people resist transformation.
- Provide delegates with skills to overcome resistance to transformation and change.

Chapter 5: Becoming an Effective Health and Wellness

Transformation Agent

Objectives

How to become an effective health and wellness transformation agent responsible for bringing about change both in their own lives and the lives of their colleagues.

Outcomes

- At the end of this module you will be able to list the characteristics of a change agent and explain the roles and responsibilities of successful change agents.

Costs and Additional Information Fees for 3 Day Training Modules: - (Based on a minimum of 6 delegates but limited to a maximum of 25 delegates).

Daily training facilitation rate @ R 8, 500.00/day, (Total for 3 Days R 25,500.00) plus an additional, R 50.00/delegate for the costs of printed manuals, evaluation and issuing of certification etc. Discounts can be negotiated if a business agreement is reached where clients are able to commit to using Positively Alive as their preferred employee health, wellness and safety training service provider. Please make inquiries about discount rates for multiple training sessions

- The listed training facilitation rates are applicable where training modules indicated are provided at the clients/customers own training premises, venues and/or facilities.
- The fees quoted exclude the costs of all meals, refreshments and any other miscellaneous items provided by the clients to the delegates.
- Handouts, worksheets and any other training aids provided by Positively Alive are included in the daily facilitation rate charged unless specified. (Training manuals, issued to delegates, as specified above will be billed at cost to the client)
- The quoted fees excluded: travel, accommodation and meals for the training facilitator where training is required out of Gauteng Province. These costs will be negotiated directly with the client and all costs will be for the clients own account.

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BEE Exempt - Micro Enterprise Level 4 EME Entity



Provider Accreditation Number: 9639