

# EPIC Healthy you 2018

## Inspire, innovate and influence workshop

W2's ambition for this New Year New You, Healthy Body and Mind workshop is to be a catalyst for re energising and inspiring people to change the way they think and behave in the health of their attitude, body and mind and take personal responsibility and accountability for improvements. We will provide an engaging immersive experience and opportunity for people to have the time to think and reflect on their current total health situation and time to talk about what they choose to improve about themselves in 2018. We will provide know how, tools and coaching to help them create and personal action plan so they can Be Your EPIC. Self.

Feedback for W2 " *We search for suppliers that are innovative in their approach and that can differentiate themselves whilst delivering significant results. From an SSE perspective, the change in attitudes and behaviours of our people at the power station and their improved performance demonstrated the innovative approach of W2*" Iwan Tukalo Group Manager Scottish and Southern Energy "



Feedback for Impromptu " *Actors were amazing, coaching brought insights into one's own being - excellent valuable skills for life and work.*" Lisa Sankeralli Polarcus

### The learning journey from start to finish.

In order to get best value from this learning opportunity it is important to design the whole learning journey for the participants from the initial invitation through to follow-up and after event implementation of learning. The whole programme process will be designed and implemented with the client. The core components are identified below.



***These ideas are proposed as an ignition source and could be combined and or refined once the needs and objectives have been clarified.***



## Innovation idea 1 - EPIC Healthy You

**Key themes:** Focus on 4 areas of Healthy well being. What does an EPIC Day look like for you? What about a bad day? What would it take to have more EPIC days?

**4 x Knowledge Hubs smaller groups (4 x 7 people) rotate round developing knowledge, skills and attitudes in**

**EQ** - Emotional health exploring and developing healthy behaviour, attitudes and self control incorporating some of Mates in Mind content

**PQ**- Physical health - Consider how you are now, and any aspects you wish to change. Activities on "Warming up to work", cardio and strength tests and coaching with a lead personal fitness trainer

**IQ** - Intelligence - It is the thought that counts. Developing awareness of how our brains, thinking patterns and intuition work. Exploring what affects our perceptions and processes for example use of Drunk and Tiredness goggles and the Human Factor

**CQ**- Community Intelligence health - Being engaged at work with our colleagues team health check. Building team competition on health challenges to sustain motivation . e.g Pedometer challenge

Delegate's Feedback Comments:

*'What an excellent course, in all the seminars, training days and courses, this is by far the most rewarding I've had the pleasure of attending'. 'Excellent – very informative, the best Leadership workshop I've been on'. 'Top class course – everyone within the Company should be on course as norm!'*



## Innovation idea 2 - Right Said FRED- Making the right choices

**Key themes:** Focus on 4 Areas of wellbeing **F**itness **R**elaxation

**E**xercise **D**iet an acronym of **FRED**

What would you like to improve about you?

Use a comedic character Fred who makes all the wrong choices in all aspects of health and the participants coach him to make the right choices. Fred could be played by an actor or we can create a cartoon character. Participants encouraged to do a base line activity and self assess these 4 areas and prioritise the area to improve for example Diet, Move More, Weight, Smoking, Alcohol – all could be target areas and all fit the FRED topics

Team Challenges for example Pedometer Challenge – in teams, agree a goal of x number of steps in a given time period. If the target is met perhaps there could be a donation to a local community charity that the winners choose?



Safe Space to Talk for example Fred's shed where we create an environment to facilitate self disclosure.

The "shed" idea originated in Australia and was designed to break down the "macho" image which was preventing many Australian men from discussing personal issues

Create "Action Learning Sets" for health it is easier to attain goals if we are not doing it in isolation and people have support from one another.

Use SMART Objectives to help achieve these health improvements and have a monitor and recognition process.



### **Innovation idea 3 - The 7 Habits of highly successful people - It's all about you!**

**Key themes:** Focus on a whole life approach to a new year and new you, a year of personal improvement.

What are the 7 key areas/ stones in my life? What is my priority area to start with? How will I measure success? Who will coach and me? .

Holistic Self diagnosis a "wheel of my life" or the 7 stones.

Drawn from Steven Covey's work

Habit 1 # Be proactive - create a vision and goal for 2018

Habit 2 # Begin with the end in mind - personal leadership and responsibility of our lives

Habit 3 # Put First things first - focusing on the things that will make the difference towards our goal for 2018

Habit 4 # Think Win Win - Interpersonal relationships and outcomes

Habit 5 # Seek first to understand then be understood - Empathetic listening and communication

Habit 6 # Synergise - Creative cooperation the power of one team

Habit 7 # Sharpen the saw - Renewing our commitments in Physical, Mental and Emotional Health

### **Innovation idea 4 - MIND - It's the thought that counts.**

**Key themes:** Focus on Mental Health First Aid. What are the signs, how do I know if I or a mate is having difficulties? Whose responsibility is it and what do I do? How would I tell someone? How do I help someone to tell me?

Developing the skills of coaching and doing the right thing

**Forum theatre** Construct Interactions at work both onsite and office environments using either Actors or Mates In Mind Films to explore the key themes.

Scene 1 - Recognising the signs of Mental Health and Fatigue

How to have an effective conversation

Scene 2 - Forum theatre. Participants coach an Actor Facilitator how to have a conversation with "Mind your Mate"

Scene 3 Stepping up, skills practise and observation session in how to open and hold a conversation with your "Mind your Mate",

Scene 4 Buddy conversation, practice in how you can open up and tell someone



### Innovation idea 3 - EPIC The Big Picture

**Key themes:** Focus on Creating a picture of an EPIC Year in 2018 for Health, Safety and Wellbeing..What is the storyline for our EPIC Year? Who will be the heroes and heroines? How will 2018 conclude? What are the obstacles we will have overcome? How will we achieve over adversity?

**Creating a movie** where participants create the story of the EPIC year 2018 shoot and make a film using cameras or smart phones Alternative idea creating a movie of a workshop around health, safety and wellbeing.

Kept as a time capsule and reviewed at points through the year, perhaps at future events or meetings.

*"The design, development and delivery are proven to be very effective – people expect a training course to be boring and dull. This is different; it is vibrant, fun and engaging. These workshops ignite people's potential to deliver a measurable difference to their lives at home and at work" AMEC Managing Director*