

# EPIC self

## Health and wellbeing workshop

W2's ambition for this series of Healthy Body and Mind one day workshops 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 wellbeing situation and time to talk about what they choose to improve about themselves. We will provide know how, tools and coaching to help them create a 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*"

*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.*"

*Participant 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 and coaching. The whole programme process can be customised, designed and implemented specifically to the needs of an in-house client. The core components are identified below.



## Sponsors Feedback Comments:

*"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

## EPIC Self Workshop

**What is it?** An immersive and experiential one day workshop, a safe space to talk using 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 men from discussing personal issues

**Outcomes:** Understanding; What does an EPIC Day look like for you? What about a bad day? What would it take to have more EPIC days?

We 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

**4 Key focus areas of healthy well being.** Emotional **P**hysical **I**ntelligence **C**ommunity

Participants are encouraged to do a base line activity and self assess and prioritise the area to improve for example nutrition, physically move more, cognitive awareness, engagement at work

**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 Mental Health - 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 colleague's team health check. Building team competition on health challenges to sustain motivation, e.g. Pedometer challenge

W2 help 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.

Renewing our commitments & SMART Objectives to help achieve these health and wellbeing improvements and have a monitor and recognition process.

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!'*