



DR. YVONNE SUM

Intentional Living: Wellness & Resilience Programs for Better Business Results

Duration 2 days

Objective(s)

In a rapidly changing world, there is a need to understand why wellness, or lack of wellness, has become an issue at work. Awareness of these factors and the benefits when alleviated can help the manager structure a simple yet effective program that is not only ethical for the general health and well-being of the team – but has side benefits of increasing engagement simultaneously. In this program, Yvonne sets out principles to implement and adapt existing programs in changing environments, covering:

- Understanding causes of dis-ease in the work place
- The benefits of wellness
- Types of wellness programs
- How to select the appropriate programs for your team
- How to implement wellness programs with ease
- How to adapt programs to changing environments
- Core principles in leading wellness program

Who should attend

- Human Resource Professionals
- New Supervisors
- Experienced Managers
- Upwardly Mobile Professionals
- High Performing Leaders

*Note: Course outline can be customised according to customer requirements and changes in industry trends.



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Course description

Are you troubled by 'having to implement' a wellness program due to legal requirements?

How do you justify already limited resources towards a wellness program?

Are you aware of the true cost-benefit of a wellness program?

How do you motivate your time-poor team towards yet another mandatory program?

How can wellness programs be meaningful to you, your teams and the organization?

This program equips the manager with simple yet effective structure of analysing, selecting and deciding what wellness programs are most effective for their teams. This session helps the manager step through a set of principles that embrace most regulatory and legal constraints.

The learning of participants will be integrated through action learning, peer consulting and coaching, utilising accelerated learning technology, cognitive behavioural and self-actualising psychology. The facilitation is practical, fun and engaging and the learning is linked directly back to application in the workplace.

Course outline

All **Transformational Leadership Challenge™** programs are custom-designed in close consultation with the client: ie co-created in partnership to suit cultural and business needs of the organization. Programs can take the form of keynote speaking, training, facilitation, working sessions, executive coaching and mentoring.

These tailored designs drive at business issues for optimum measurable results using contemporary research.

This content is based on 'experiential' learning methodologies which are supported by activities and discussion to draw out the relevant learning, integrating real-world situations.

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Module	Learning Objectives
Understanding Change	Having an overview of Change and its relevance in growth. Setting participants mindset ready to embrace change. Observation of the world presently and how they would like it to be.
Resilience and Well-being	Awareness of physical and emotional causes and how to get back into the 'flow' of high performance through personal effectiveness management
Outcome Planning for High Performance and Wellness	Structuring effective assessment of expectations and goals through co-creating the best action plan to achieve clearly communicated outcomes
Leading Change	Setting a clear vision/strategy and exciting people to wellness and exceptional performance through authentic leadership and self-actualizing culture
The 3 Es of Leadership	Navigating key leaderships skills in situational sensing, flexible thinking and action for better ROI
P&L	
Leadership Insights from the Tribe	Understanding the 7 Principles of Leadership Learnt from Home Front: Learning partnerships from unexpected quarters
Handling Objections	Preempting & dealing with resistance and objections within the team & internal customers
Learning from your observations and insights	Use of self reflection and leveraging the experience and knowledge in the greater group to re-integrate self and learning

Instructor Profile:

Dr Yvonne Sum CSP transforms leaders of tomorrow ... today. Her presentations help people recognise simple things they may have taken for granted. Yvonne's presentations clarify useful behavioural frameworks. She consistently provokes senior business leaders to 'lose their minds and come to their senses' by integrating their leadership lessons at home successfully back into the work tribe.

Dr Sum is an advanced leadership communications skills specialist who has achieved her own transformations through diverse tribes ... as a dentist, Royal Australian Air Force officer, executive coach, leadership facilitator, Certified Speaking Professional, author, business partner, mother of two ... and life partner.

Audiences become more present, alert and engaged during Yvonne's keynotes and link presentations. In doing so, senses are heightened and self-awareness is enhanced, resulting in:

- more open communication
- counter-intuitive learning, and
- increased possibilities for innovation.

"Start Kidding Yourself", her first solo book, is being published through Random House in 2012. She has contributed to two other books: "Emerging Trends in Professional Selling Vol. 1", and "Inspired Children".



For more information: www.dryvonnsum.com

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