

# Wellbeing and resilience



Wellbeing is not just about helping individuals to manage the increased pressures of today's working environment, it's also about organisations looking at their working culture and environments.

## Overview



Self-efficacy



Positive mindset



Positive connections



Belonging

**Impact's Resilience and Wellbeing virtual experiences are designed to help individuals explore how they can better understand themselves and ensure they have the very best possible chance of achieving their potential in all parts of their lives as well as maintaining performance levels in difficult situations.**

Through an effective combination of dialogue, discussion and immersive virtual experiences, this session enables people to balance the challenges presented by Covid-19 with their personal health & wellbeing.

**By focusing on the three domains of the mind, body & spirit, we will explore:**

- The challenges we face on a daily basis and how we respond to pressure
- Building confidence and developing mental toughness
- Fostering an optimistic mindset
- Building positive human connections
- Developing personal strategies and goals for greater resilience

## SONY Client testimonial

"The workshop had a true impact in the formation of our global Sales and Marketing team. The clarity of concepts and tools being used were remarkably simple and effective. No endless theoretical slides, but hands on group and individual work facilitated by very passionate and professional consultants. It will make us Go the Distance and I recommend you to try it yourself!"

Dennis Van Schie,  
Head of Global Sales, Sony Mobile

## Tools



**This session makes use of Impact's online diagnostic focused on nutrition, activity and sleep.**

By understanding their personal patterns, preferences and habits, people will be empowered to make more informed choices in order to live and work at their full potential.

## Contact us

Click here to get in touch with us today!

[www.impactinternational.com](http://www.impactinternational.com)

