

— FROM STRESS TO WELLBEING —  
ONLINE SHORT COURSE



**STAR**

LEADERSHIP

be real • be true • be you

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“Health is not just being disease-free.  
Health is when every cell in your body  
is bouncing with joy.”

SADHGURU

From Stress to Wellbeing is a 3-week online short course for any individual or organization looking to greatly reduce stress levels and apply principles of wellbeing. Many of us know about stress and the consequences of it, but for some reason that hasn't been sufficient to cause a real change in our behaviour.

The aim of this short course is to paint a picture around the long-term implication of stress and operating the way we do.

The intention is for you to leave the sessions empowered to implement changes that build and contribute towards a shift in your wellness and wellbeing.

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# DID YOU KNOW?

**STRESS** IS ONE OF THE LEADING CAUSES OF CHRONIC ILLNESS.

“Chronic illness is the single greatest threat to our health, to our quality and quantity of life, to our economy and to our standard of living. A full 80% of the adult population in industrial society has already developed chronic illness. By 2017, spending on chronic illness reached \$500 million per hour; and over \$8 million dollars per minute in the U.S. alone. On a per capital basis, these figures are now representative of virtually every industrial nation around the world.”

**DR. JAMES CHESTNUT**

## THE CHALLENGE

More often, companies are wanting their people to be more innovative, more engaged and to perform at higher levels of effectiveness and efficiency than ever before, but the way we are going about it, often leads to chronic stress which then leads to chronic illness and burn-out.

One of the very real consequences of stress, is **depression**, which is now **THE LEADING CAUSE OF DISABILITY WORLDWIDE**.

Depression causes memory problems, leads to procrastination, extreme fatigue, difficulty concentrating, anxiety, fear and panic - all of which add to work-related stresses which cripple output from individuals. Depression in the workplace costs South Africa approximately R232bn in lost productivity. This is around 5.7% of the country's GDP due to lost productivity, either due to absence from work or attending work while unwell (IDEA study of the London School of Economics and Political Science 2016). According to a world-wide study, this proportion lost to GDP is the highest in the world.

Whether you are a company needing to manage and uplift your people, or one of the people needing to uplift and empower yourself, things are going to remain as is... **UNLESS WE CHANGE.**

## THE SOLUTION

Introducing *From Stress to Wellbeing*.

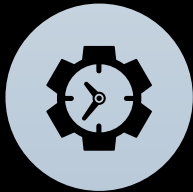
This course aims to provide a thorough understanding of stress, resilience and wellbeing so that individuals feel motivated to manage their workload and commitments better, enhance their realistic optimism with a “can-do” attitude and become more level-headed and calm under pressure.

*Moving from stress to wellbeing helps individuals achieve their aspirations and goals.*

It makes employees feel valued and cared for which often makes them achieve milestones. Employee health improves, which causes increased productivity and high morale. It helps a company create a positive environment and a great workplace culture, a culture of healthy living.

The benefits are endless.

KEY SHIFTS THAT THIS COURSE WILL ACHIEVE:



INCREASE  
PRODUCTIVITY



DECREASE  
ABSENTEEISM



IMPROVE  
MORALE



INCREASE  
ENGAGEMENT

One of the main causes of poor productivity is poor physical and mental health. When you are unhealthy, you are tired and feel less motivated to work. Taking part in wellness activities that focus on adopting good health behaviours such as regular exercise **increases productivity** and performance.

**Absenteeism** places strain on all resources. When employees are healthy and can manage stress effectively, they are less likely to be absent from work. Such employees are likely to be more invested in their work and be more productive in general.



A company that establishes a wellness culture creates a **focused and engaged workforce** which sees wellness as benefiting their lives and their careers.

An effective wellness programme helps improve overall **employee morale**. When employees feel appreciated and that their needs count, they engage and communicate better.

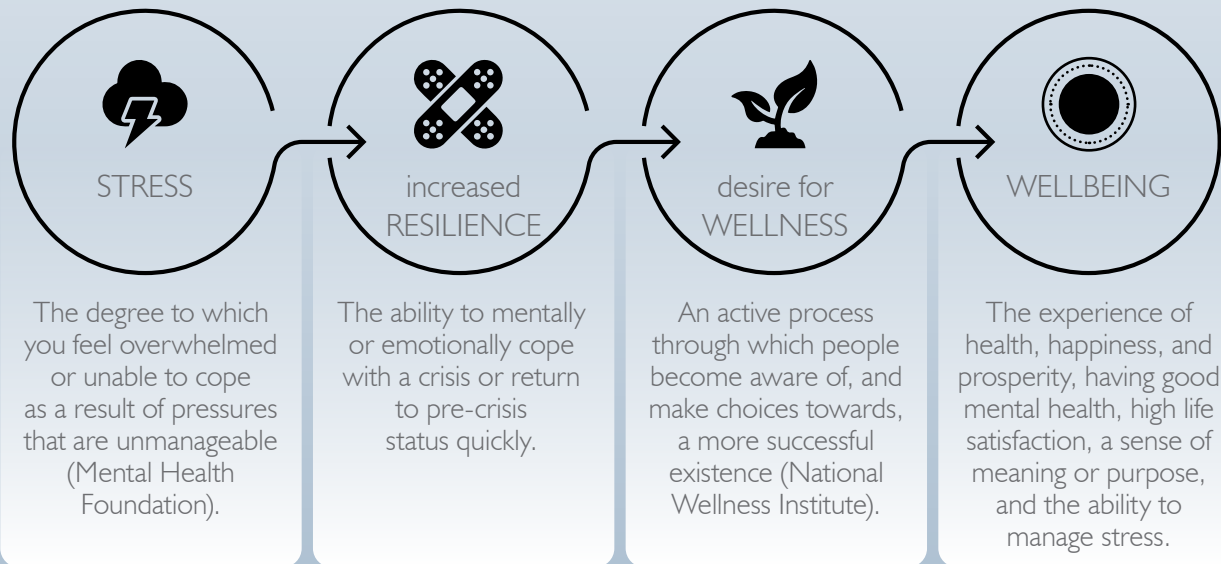
## WHY ATTEND THIS SHORT COURSE

**From Stress to Wellbeing** will provide an understanding for anyone on a personal or corporate level on the following 3 topics:

### STRESS | RESILIENCE | WELLBEING

The intention is to create insight into the costs of continuing to work the way we always have, and the benefits of implementing a very different strategy.

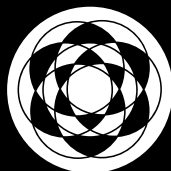
*It aims to provide a pathway for you to go from:*



## THE PROCESS

There are 9 parts to this short course:

- PART 1** ORIENTATION WORKBOOK
- PART 2** SELF-ASSESSMENT  
To be completed before you begin the short course.
- PART 3** WEBINAR 1 - The Theory of Stress + THE THEORY OF STRESS MANUAL
- PART 4** THE THEORY OF STRESS EXERCISE WORKBOOK  
Complete this exercise workbook before the start of the next session.
- PART 5** WEBINAR 2 - The Theory of Resilience + THE THEORY OF RESILIENCE MANUAL
- PART 6** THE THEORY OF RESILIENCE EXERCISE WORKBOOK  
Complete this exercise workbook before the start of the next session.
- PART 7** WEBINAR 3 - The Theory of Wellbeing + THE THEORY OF WELLBEING MANUAL
- PART 8** THE THEORY OF WELLBEING EXERCISE WORKBOOK  
Complete this exercise workbook within a week of the final online webinar.
- PART 9** COURSE EVALUATION  
Complete the evaluation form and return to STAR Leadership via email, after which you will receive a Certificate of Attendance to acknowledge this process and the investment you have made into yourself and your life.



## OTHER OFFERINGS FROM STAR LEADERSHIP

Coach Training (in-house or to public)

Advanced Coach Training

Powerful Teams Programme

Captains Circle

Leadership Development Programmes

Life & Executive Coaching

Teen Personal Mastery Series

Psychometric Assessments

## CONTACT US

[info@starleadership.co.za](mailto:info@starleadership.co.za)

074 991 6340

[www.starleadership.co.za](http://www.starleadership.co.za)

