



Vitality at work

The balanced approach to controlling work-related stress

We all face stress in our everyday working lives. But that doesn't have to stop us from achieving our goals and giving our best performance. By adopting healthy habits and embracing a positive mindset towards work-related stress, we can learn to focus more clearly and experience greater satisfaction. This course sets you on the path to a better work-life balance.

COMPETENCE⁺

 **RELEVANCE**
A SCHOUTEN & NELISSEN COMPANY

Results

- Your colleagues see you as a stable force for vitality at work
- Your colleagues benefit from your ability to thrive under pressure
- Your colleagues feel that you understand them and relate to their needs

Competences

In this training you will be working on the following competence(s):

- Assertiveness
- Flexibility/adaptability
- People-oriented leadership
- Stressmanagement

Ready to feel energized by your work again instead of drained and frustrated? Learn to put distracting thoughts into perspective and get the upper hand on stress. This course is available to all individual performers and managers. It teaches you a holistic approach to vitality that will allow you to finally escape the stress spiral.

Participants

The maximum group size for the training course is 12 participants.

Course description

What will you learn

The business world is more competitive than ever. As professionals, we are under constant pressure to deliver and reach new levels of performance. It's a major challenge that requires agility, self-awareness and constructive habits to overcome. Vitality and effective stress management are fundamental skills that help you to grow in your career and accomplish even more.

If you're feeling the pressure at work, you're not alone. And your vitality isn't just important for you, it also helps you become a more effective team player with more energy to build effective relationships with the people around you. Through this course, you gain a deeper awareness of vitality on every level: physical, emotional, mental, meaning and happiness.

Program path





Some of the topics covered in this course include discovering the drivers and obstacles for vitality and developing assertive attitudes and skills. You will also learn about understanding the role of good and bad stress, investing time in your mind and body to achieve work-life balance, and learning to operate in the here and now, set priorities, and avoid distractions.

Additionally, the course will cover serving as a positive vitality role model for others and achieving long-term vitality while remaining resilient and agile.

Training method

The Core program is a blended learning journey that forms the foundation for your skills. Relevant for professionals who are new to a skill and are ready for an in-depth learning experience. It is a 11-week program where you will receive ongoing support by a facilitator. During the 11 weeks you will get 1 day of group training, virtual peer coaching and online learning sessions.

Accreditation

Relevance Learning has been awarded as a gold accredited learning provider by LPI (Learning and Performance Institute). This badge is received for its commitment to high quality process improvement in the provision of learning, development and training services to clients.

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Certificate

On completion of the training course and subject to attendance and active participation, Relevance Learning will award a certificate. Our certificates are highly regarded in the business community.

Duration

Training Days

The Core program is a blended learning journey (in partnership with CrossKnowledge) that forms the foundation for your skills. Relevant for professionals who are new to a skill and are ready for an in-depth learning experience. It is a 11-week program where you will receive ongoing support by a facilitator. During the 11 weeks you will get 1 day of group training, virtual peer coaching and online learning sessions.

Face to face training set-up:

- Week 1 Welcome Kick-off session and 360 effect scan
- Week 2 Online Learning
- Week 3 Online Learning
- Week 4 Online Learning
- Week 5 Face-to-face training from 9:30 AM to 5:30 PM
- Week 6 Online Learning
- Week 7 Virtual Peer coaching
- Week 8 Online Learning
- Week 9 Online Learning
- Week 10 360 Effect Scan
- Week 11 Online toolkit, certificate and evaluation

Virtual training set-up:

- Week 1 Welcome Kick-off session and 360 effect scan
- Week 2 Online Learning
- Week 3 Online Learning
- Week 4 Virtual facilitator led training 1/2 day
- Week 5 Online Learning
- Week 6 Virtual facilitator led training 1/2 day
- Week 7 Online Learning
- Week 8 Virtual Peer coaching
- Week 9 Online Learning
- Week 10 360 Effect Scan
- Week 11 Online toolkit, certificate and evaluation



Investment

Training course

The price of the training course is € 1.500,00 (excl. 21% VAT).

Do you pay the invoice yourself? Then you automatically get a beneficial advantage. No 21% VAT will be charged. The price will then be € 1.500,00.

Facility costs

The price for the use of the accommodation, coffee/tea and an extensive lunch buffet is € 95,00 (excl. VAT). You obviously do not pay any facility costs if you choose the online course in the 'virtual class'.

Payment method

You or your organization will receive a digital invoice from Competence Training Institute – a Schouten & Nelissen company, which can be paid via bank transfer. Or use the payment link in the email for an internet or credit card payment (Mastercard or Visa). Please ensure that payment is made within 30 days of the invoice date and at the latest before the first day of class.

Terms & Conditions

Our current terms and conditions are displayed at www.competence.org/terms-conditions.

Current start and registration dates

You can register for this training course at www.competence.org/CPVW. For questions or help with registration contact info@competence.org or call + 31 (0)418 682 938.

Additional information

Reserve your place

You can book an optional seat in the training you prefer. This will be valid for two weeks. This assures you of participation even if you cannot decide now. Book your option on our website or call + 31 (0)418 682 938.

Incompany

Do you wish to do this training course together with colleagues? We also provide incompany training courses. We can develop training programs specially tailored to your organization's needs. For more information on tailor-made and in-house programs: Call + 31 (0)418 682 938 and book a telephone consultation.

Free consultation

Unsure whether this training program fits your learning needs? Our program advisors will be pleased to support you in making the right choice. You can call them on + 31 (0)418 682 938 on working days between 8.00 AM and 5.30 PM.



About Competence & SUAS

Your talent is the focus

SUAS and our international brand Competence are committed to talent. Whether it is your talent or that of your team or organization, we develop talent by means of training, coaching and consultancy. This way we can contribute to your personal success and the success of your organization.

Continuous learning

Our approach goes beyond classical training. Your learning is optimized by continuously working to achieve your own learning goals.

The best training, from the best trainers

At Competence & SUAS you are trained by the best trainers. Professionals, trained in behavioral science and with broad experience in group-dynamic processes. Our trainers develop your awareness of your own abilities and help you to develop new skills and behaviors. Their style is down-to-earth and direct, with a strong focus on practical applications. They are also always abreast of and utilize the latest insights in their field.

Choose for quality

Competence & SUAS stand for quality and permanent, positive results - since 1980. This has led to various recognitions and accreditations: Such as CEDEO, ISO 9001, ISO 27001 and NVAO. We are also a member of several industry associations such as NRTO.

Training programs throughout Europe

Competence & SUAS offer you training at more than 30 locations in Europe. Our locations have been selected on the basis of accessibility and quality. And, as many of our training courses start on a weekly or monthly basis, you can start working on your personal development immediately! Start dates and locations can be found on our website www.competence.org. Please contact us if the location or date that you want is not listed. We will schedule extra

training programs in response to sufficient need.

Contact

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Planned events

Datum	Plaats
03-12-2024	VIRTUAL CLASS

Do you wish to register or if you would like more information about the start dates? Call +31 (0)418 682 938.

Version: 22-10-2024