

Thriving Wyndham 2023

Achieving Balance in Business, Life and Wellbeing



This 5 session face-to-face program is designed for businesspeople looking to ensure that they are working to the best of their ability in what is often a demanding and perceived uncompromising world.

It will help reset your work-life-wellbeing balance, build resilience and your mental and physical wellness.

Work with Martin Probst and Dr Aiyesha Melnicenko to explore the transformative potential of cultivating stability and fulfilment across all domains of your life, paving the way for a more meaningful and purpose-driven existence.

- *Thriving Wyndham* is free for C4W members, with a small cost for non-members
- Places are VERY limited to enable small group discussions to take place
- Priority will be given to C4W members.

Session Titles and Dates

1. **Rediscovering my Work, Life and Wellbeing Balance** - Thursday 27 July | 9.30am to 11.30am
Cultivate stability and fulfilment across all aspects of life
2. **Decoding Smart Wellbeing Choices** - Thursday 17 August | 9.30am to 11.30am
Transition from immediate gratification to sustainable achievements
3. **Promoting Physical Health for Emotional Wellbeing** - Thursday 31 August | 9.30am to 11.30am
Adopt 'STRONG', healthy and long-lasting habits for better outcomes
4. **Embracing the Value of Values to Reach Authenticity** - Thursday 14 Sept | 9.30am to 11.30am
Live congruently with yourself to improve wellbeing
5. **Discovering Mindful Living and Working** - Thursday 12 October | 9.30am to 11.30am
Learn to step back to step up your wellbeing

How to get involved

Visit the *Thriving Wyndham* page at our website committeeforwyndham.com.au to find out more. We also require an application form to be completed. Successful applicants will be advised.

For further information: admin@committeeforwyndham.com.au or 0493 571 876