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## Description

Wellness is important in the workplace because it helps you cope better with stress, adapt to change, bounce back from setbacks, and maintain a positive attitude that is vital to your mental health, productivity and job satisfaction.

Each quarter, the Employee Wellness Team will focus on key areas within our five-star model to ensure that you have the support you need.

# 2025 WELLNESS YEAR PLAN

## Self empowerment & families

Jan - March 2025

## Health & Lifestyle

April - Jun 2025

## Financial health

Jul - Sep 2025

## Mental health

Oct - Dec 2025

For January, we tackled decoding your payslip during our Mental Health Round Table discussion.

### Coming up

- Ignite Recognition
- Imposter syndrome
- Annual Wellness Week

Our Employee Wellness Team is always looking for new ways of improving access to our Employee Assistance Programme (EAP) services. We rolled out the Wellness Hub in July 2024, which is an online portal/app that gives you access to a therapist via live chat and a call function.

Click here to access the hub using our company code: AFR003



A promotional banner with a light olive green background. On the left, white text reads 'Click here to access the hub using our company code: AFR003'. A diagonal watermark 'default watermark' is overlaid on the text. On the right, there is a large black and white QR code.

### Training for resilience

Resilience is the capacity to bounce back after severe trauma or for positive functionality and the ability to adapt and thrive in the face of chronic stress and risk.

Resilience training benefits include:

- Learning new resilience skills by becoming aware of our thought patterns.
- Identifying current protective factors and using unique strengths to overcome challenges.
- Learning how to focus on the positive aspects of life and adapt to tough events.
- Learning how to embrace a positive mindset and how it impacts your wellbeing.
- Improving your ability to deal with workplace challenges.
- Learning through interactive exercises.

## Learning outcomes



Emotional  
resilience by  
identifying  
thought patterns



Developing  
your 9-point  
plan



Resilience  
in children



Stress  
symptoms



Traits of  
emotional  
resilience



Negative  
self talk



Cultivating social  
support network



Spiritual  
resilience

To book resilience training for your team, send an email to [employee wellness@afrocentrichealth.com](mailto:employee wellness@afrocentrichealth.com)

### Category

1. Our Wellness

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