



6-week Wellbeing Foundation

Place **safety** and **wellbeing** at the heart of your team's performance and resilience

Simple – Impactful – Measurable



ULTIMATE WELLBEING
Will van Zyl

6-week Wellbeing Foundation for Business

AS TEAMS RETURN TO WORK AFTER A DISTINCTLY DISRUPTIVE PERIOD IN OUR HISTORY, THE WELLBEING OF THE PEOPLE WILL DETERMINE HOW SUCCESSFUL THE BUSINESS IS.

Leaders spending too much time managing detail and people matters?

Teams not connecting?
Increased isolation, defensiveness, conflict?

Remote / Office / Hybrid work pattern “What is right for us?”

People coming to you with mood or stress challenges?

"Don't change my job..."
Can your team accommodate your change agenda?

The Great Resignation...
Are you losing incredible people?

"I care for my team. I know they will need help as we settle in to push forward again..."

"We have a big transformation on the horizon...I need to support my team as best I can."

THESE EXAMPLES AND MORE BEG THE QUESTION... "ARE YOUR PEOPLE READY?"

AS BUSINESS LEADERS IT IS YOUR RESPONSIBILITY TO SUPPORT YOUR TEAMS AS THEY GRAPPLE WITH THE WELLBEING CHALLENGES THEY MAY FACE.

It is a natural human behaviour to seek safety in any environment.

Until we feel safe, we do not venture beyond the boundary of what we know and can control.

Progress and Ultimate Performance only happen when we push past our known boundaries, thinking and acting at our best from a place of safety and wellbeing.

Awareness – Connection – Confidence – Mindset – Movement – Breathwork

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LAY THE FOUNDATION FOR SUSTAINED PERFORMANCE AND RESILIENCE BY INVESTING IN YOUR TEAM'S WELLBEING

Mindset and perspective

Importance of acceptance, surrender, inevitability and intention – what it means to take responsibility for one's life and actions

Movement to regulate stress, energy and confidence

Yoga and postural work for confidence, ease, connection and resilience

Breathwork for mindset, calm focus and balance

In immune and autonomic nervous systems

Awareness building and mindful communication

Techniques to enable effective, constructive interaction

Structured, reflective journaling

To build awareness and 'checking-in'; processing learnings and challenges



Week 0

What is the experience?
Baseline AIS
(Safety – Wellbeing – Impact)



Week 1
Day 1

Experiential Learning
(Connect – Breath – Movement – Meditation)



Week 1 – 6
(2x per week)

Embedding ...Practice
(Unlocking the Wellbeing Benefits by rewiring the nervous system and building good practice – 45 minutes online or in person)



Week 6
Day 1

What has moved?
Repeat AIS
(Safety – Wellbeing – Impact)



Week 6
End

90-minute Check in
(What is different? / Where to now?)



AXIOM Impact Score

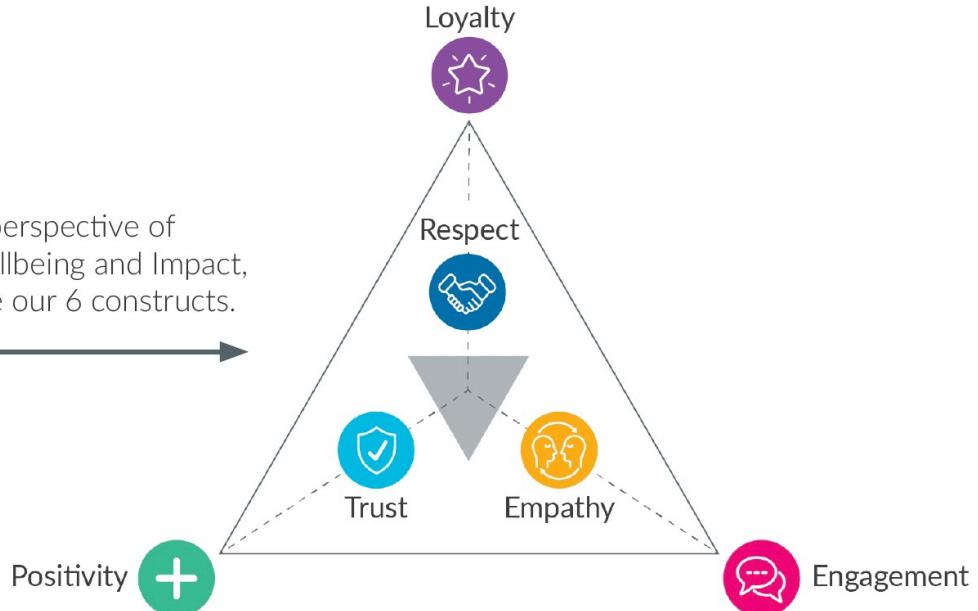


At Axiom, we focus on: **Safety, Wellbeing and Impact**, the three critical foundations to ultimate performance and resilience in the workplace. We are a specialist team with a simple and easy to use process. Axiom enables you to measure the constructs that form the basis of your team's workplace experience.



From the perspective of Safety, Wellbeing and Impact, we analyse our 6 constructs.

Positivity +



IF YOU DON'T MEASURE IT, YOU CANNOT MANAGE IT.



Contact Will van Zyl

Will is a trauma-informed Leadership and Executive Coach with a Masters level certification from Bristol Business School (UWE).

After a career as a transformation leader, consultant and coach spanning almost 25 years, 3 continents and multiple sectors, Will has created the Ultimate Wellbeing and Ultimate Performance and Resilience frameworks to redefine wellbeing; placing it at the heart of a fulfilled life...life in all its dimensions.

Having trained with Wim Hof, Will is one of the highest rated and most sought-after Wim Hof Method Instructors (level 2) in the UK.

He offers Ultimate Wellbeing events and retreats, the Wim Hof Method, breathwork, yoga and performance and resilience coaching to the public and to businesses.



Read more about Will here:

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