

Well-being Program



Increase confidence, mind & body health and wellbeing at work!

We offer a **well-being training program** to increase confidence, mind & body health and overall well-being at work.

With increased focus on health and wellbeing, companies benefit from:

- increased wellbeing results in **less absenteeism**
- happier employees that create **happier teams**
- employees with more energy are **more efficient**

Most importantly, it shows that you **care** and value your colleagues.

You no longer need to worry about your colleagues **commitment** to the company or whether they are burning out. You'll have less turn around and happier teams.

Our training covers it all!

www.getreal.lu



About Get Real Coaching

Get Real Coaching offers

- private 1-1 coaching to individuals
- corporate well-being trainings
- burnout prevention care and recovery (complete package).

Anne Louise established her private practice in 2016 and has since helped many clients with topics ranging from weight management, confidence and transformational healing.

Areas of expertise

- Burnout - prevention & recovery
- Anxiety / depression
- Work / life balance
- Health & wellbeing



Program details

By Anne Louise Littlejohn

Each module is designed as a power lunch workshop of 1 hr.
For best results, we recommend weekly or biweekly sessions.

Module 1: Mindset

Taking control of your wellbeing starts in the mind. This module equips the participants to investigate priorities in life and how to work around limiting beliefs.

Module 2: What the body needs

The body comes with its own wisdom. It knows what it needs to be at optimal efficiency. This module will teach participants how to listen effectively to the body and provide structures for optimal health and wellbeing.

Module 3: Emotional intelligence

It can feel like emotions control your life, but this is not true. This module will teach participants to understand not only their own emotions, but those of others as well. This module offers tools to respond rather than reacting.



Program details

continued

Module 4: Embodied confidence

Confidence is a body experience. We will learn how to use the body to increase your confidence.

Module 5: Good quality sleep

The effects of sleep is highly underestimated. To function properly, you must have good quality sleep. There are 7 things that must be in place for good sleep in addition to a mindset that believes in good sleep. Good sleep hygiene and mindfulness is at the core of this module.

Module 6: Healthy body & mind

Wellbeing is a whole body experience. The mind and the body must work optimally for increased wellbeing. Here, we will focus on good nutrition, the right amount of exercise and a positive mindset for optimal health and well-being.

About the trainer

Anne Louise is a compassionate and committed trainer, who loves connecting with people on a deep level.

She is a certified coach and accredited by the ICF. She helps her clients be true to themselves. She is passionate about finding root causes to problems and by healing childhood wounds, because our childhood is at the root of everything we become.

She has delivered trainings to numerous companies with very happy results. She deeply cares about your employees and is committed to deliver professional and useful trainings to improve the well-being of your company.

She's a mother of 2 boys, married and lives in Luxembourg.



What others say:

"Very informative and interesting" - Olivier

"Super information and nice atmosphere" - Sarah

"Definitely made me think and inspired me to change" - Desirée

Satisfied customers:



We will always tailor our trainings to your needs,
so get in touch for a free quote:

hello@getreal.lu

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