

UFS FORM 5: SHORT LEARNING PROGRAMME

SECTION A: CATALOGUE

CODE: HEQC/H06/EMS/SPEHW

TITLE: Executive Health and Wellness

QUALIFICATION: Non credit-bearing

NQF LEVEL: 7

CREDITS: **NOTIONAL LEARNING HOURS:**

FORMAL CONTACT TIME: 21 hours formal contact time (spread over three days)

LEARNING ASSUMED TO BE IN PLACE:

No formal tertiary qualifications are required, but it is assumed that participants will have matric with an ability to communicate effectively, that is, use their verbal and non-verbal skills appropriately. The assumption derives from the fact that our target audience is individuals in management and leadership positions.

LEARNING OUTCOMES:

Participants will leave the course with the ability to

- Use a full set of inventories for self assessment with regard to executive health and wellness
- Construct a model for continuing wellness and self management
- Identify and isolate specific personal conditions, needs and strategies requiring specific, tailor-made interventions
- Engage in meaningful organisational wellness renewal interventions and deploy a wellness culture conducive to optimal human capital employment

BRIEF DESCRIPTION OF CONTENT:

- A review of the indicators and causes of Unwellness amongst managers / leaders (unwellness audit).
- Executive lifestyle assessment and re-construction.
- Construction of a personal and professional Wellness Model (roadmap).
- Integrating the ingredients of a balanced, integrated lifestyle.

Also, the content is not philosophical or theoretical. The content is based on practical involvement in this field emanating from *circa* 22 000 cases.

CRITICAL OUTCOMES SUPPORTED BY SHORT LEARNING PROGRAMME:

- The ability to identify and solve complex problems using critical and creative thinking
- The ability to understanding that problem-solving do not exist in isolation

METHODS OF ASSESSMENT:

- The integration phase entails a facilitated strategy where delegates report effect and progress of the implemented instruments obtained during the first two days.

- At this stage instruments / discipline for the sustainability of the wellness regime is provided in order to counter relapse.
- An Organisation Wellness construct is provided and then individually developed.

ASSESSMENT CRITERIA:

These criteria will be based on participant's ability to integrate and comprehend the various aspects within the field of health and wellness.

ORGANISING FIELD: 3

(1 = Agriculture and Nature Conservation)
 (2 = Culture and Arts)
 (3 = Business, Commerce and Management Studies)
 (4 = Communication Studies and Language)
 (5 = Education, Training and Development)
 (6 = Manufacturing, Engineering and Technology)

(7 = Human and Social Studies)
 (8 = Law, Military Science and Security)
 (9 = Health Sciences and Social Services)
 (10 = Physical, Mathematical, Computer and Life Sciences)
 (11 = Services)
 (12 = Physical Planning and Construction)

APPROVAL DATE: 22 April 2004

REVIEW DATE: 2008

DEPARTMENTAL OR PROGRAMME "HOME":

Centre for Business Dynamics, School of Management, Faculty Economic and Management Sciences (Centre is self-sustained)

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