

I AM

EMPLOYEE WELLNESS SHORT LEARNING PROGRAMME

WILL I BENEFIT FROM THIS PROGRAMME?

Do you know the real you and fully accept yourself as you are?



Do you have self-awareness?

YES

NO

Great!!
Keep on
discovering yourself

Develop your
self-awareness with
Unit 1 of this programme

Do you believe that you are worthy and appreciate yourself?

Do you have self-worth?

YES

NO

Great!!
Keep on
appreciating yourself

Develop your
self-worth with
Unit 2 of this programme



Are you taking care of yourself physically & emotionally?



Do you spend time on self-care?

YES

NO

Great!!
Keep on taking care
of yourself

Develop skills in
self-care with **Unit 3** of
this programme

Do you have positive support & are you positive support?

Are you loved and give love to others?

YES

NO

Great!!
Keep on receiving
& giving love

Develop skills in
social support with **Unit 4**
of this programme



Am I aware of and am I utilising my personal strengths?



Are you a powerful person because of your strengths?

YES

NO

Great!!
Keep on using
your strengths

Develop and discover your
strengths with **Unit 5** of
this programme

Are you growing enough personally and professionally?

Are you challenging and developing yourself?

YES

NO

Great!!
Keep on developing
& growing

Discover how to develop
yourself & grow with
Unit 6 of this programme



Are you effectively regulating your emotions?



Are you in control of your emotions?

YES

NO

Great!!
Keep on regulating
your emotions

Discover how to regulate
& understand your
emotions with **Unit 7** of
this programme

Are you determined to achieve your dreams and goals?

Have you reached your full potential?

YES

NO

Great!!
Keep on reaching your
full potential

Discover how to be
determined and reach
your full potential with
Unit 8 of this programme



If you answered **NO** to any of the questions above,
you will benefit from the I am Employee Wellness Programme.



eight-week registered short learning programme of the UFS



can be completed online or face-to-face



consists of practically focused activities on different topics and themes related to the seven areas of wellness.



The main outcome of this programme is to increase employees' physical, emotional, social, occupational, financial, environmental and spiritual wellbeing.



The main theme of this programme is: "I am... a great person with great potential".



This programme will not just help employees increase their wellbeing, but it will in the process help empower employees to reach their full potential in work and life.



Based on theory and research to ensure programme effectiveness.

If you are interested as an individual or you are interested as a manager for your team, please contact us.

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AND EMPLOYEE WELLNESS

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