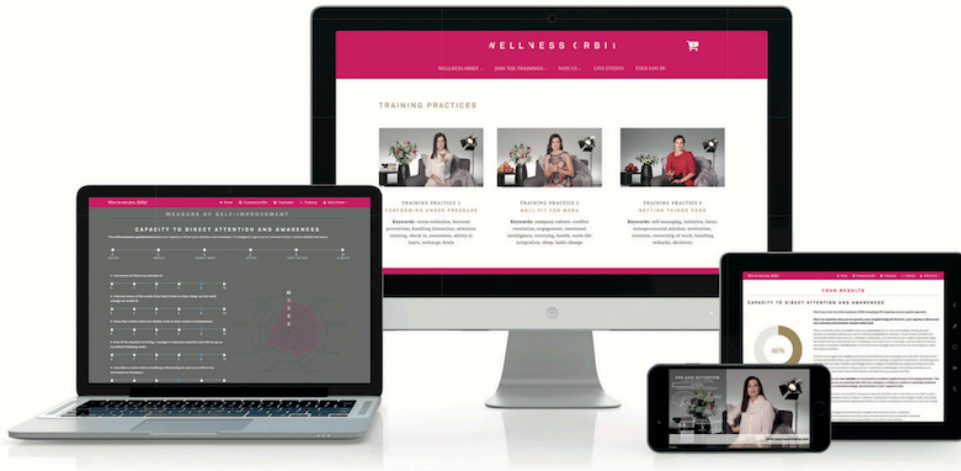


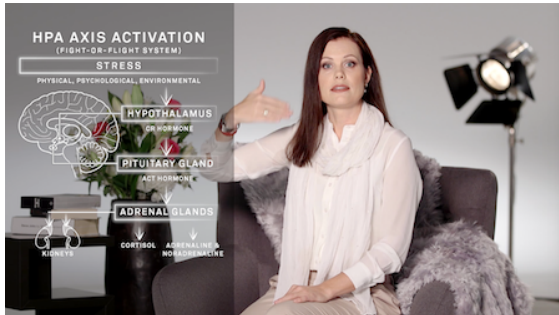
Wellness Orbit e-training will help you to become more creatively involved in your work, have insights, discern the important and apply awareness to meet new challenges. In essence, this training platform advances human capacity through intra-personal skills.

Each e-training consists of:

- ▶ A starter **"spider"** questionnaire to evaluate your status before the training;
- ▶ 5 training HD quality **videos** with Dr. Helena Lass;
- ▶ **Quiz** to consolidate what you have learnt;
- ▶ **Workbook** (for personal self-development plan) and
- ▶ A self-evaluation **"spider"** to evaluate your status on completing the training.



In the beginning of 2018 you can choose from the following e-courses by Dr. Helena Lass (total training time approximately 6-8 hours; the training is valid for 3 months from start date):



Training Practice 1:

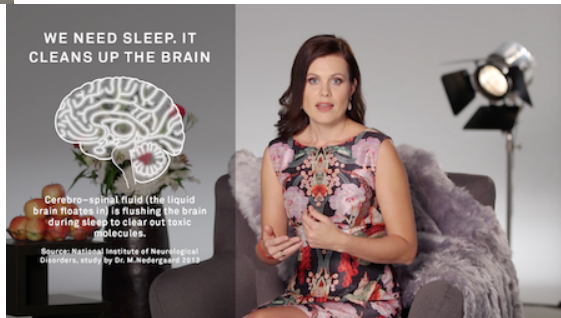
PERFORMING UNDER PRESSURE

Good mental wellness equals optimum inner functioning. Learn what is awareness and why directing it at will matters. Learn how to **avoid stress and burnout** proactively when working under pressure. You will learn about the dangers of positive stress and learn to read the warning signs of burnout.

Training Practice 2:

WELL FIT FOR WORK

In depth approach to **work-life integration**. Learn what you can do to make your company better and understand the correlation between physical help, sleep (includes guided sleep practice), your emotions and mental activities. It also explains what is awareness and how to use it in our hyperconnected world.



Training Practice 3:

GETTING THINGS DONE

Did you know that all self-management skills are based on awareness? This training shows you how to handle setbacks, find lasting inner motivation (not the emotional motivation that fades) and take personal initiative. It explains **insight, intuition and creativity** – as these are the real source of innovation.

