



An appreciation for how to create and sustain personal energy, enthusiasm, and motivation through a combination of complementary 'Body, Mind and Spiritual' techniques to achieve balance and well-being.





The Wellness module is part of Ingenium's LDP Online learning & development suite of programmes, and comprises of three (4) submodules, delivered on-line via a self-paced learning platform through a series of 19 easily digestible video vignettes and interactive exercises with over four hours of detailed content, hosted on our Learning Management System, Cloud Connect. This course can be completed at the participant's own pace, over a defined period of time.

The insights, knowledge and techniques from the Wellness module can be applied to diverse cohorts, enhancing awareness, application and skills development for leaders across all levels; this includes First Time Leaders looking to develop and enhance knowledge in this area, as well as Strategic and Emerging Executive Leaders who required specific training or knowledge refresh in any of the learning outcomes included in this programme.



LDP

Leadership
Development
Programme

Virtual Delivery Programme Ethos

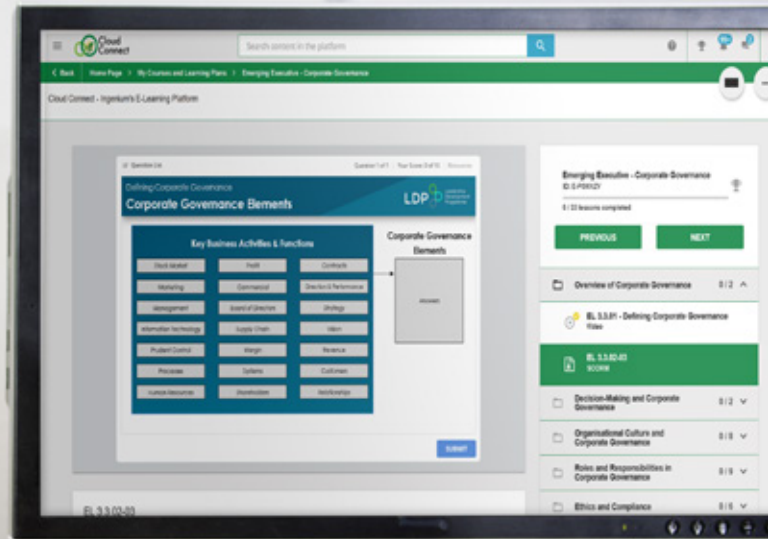
Given the challenges and opportunities associated with learning and development in a globalised post pandemic world, as well as supporting a remote working approach, we are conscious that a classroom learning environment will not be feasible for some time to come.

Having already delivered our Smart Choice Leadership Programme through a facilitated learning virtual platform to multiple cohorts, we have created the LDP Online suite of programmes adopting a fully self-paced learning approach, using a range of interactive technology tools and platforms, all of which are available for participants to use in their own organisations.





The programme is hosted through Ingenium's enhanced Learning Management System, Cloud Connect, which supports participants in their personal and organisational growth, embracing all the elements of the programme online through an intuitive user interface experience, ensuring everyone has a complete repository of all learning materials, videos, case studies and exercises.



Wellness, Energy & Chakra

To support the discovery of activities, choices and lifestyles that lead to a state of greater health and well-being, it starts with an appreciation of your body's main energy system, defined through different energy sources known as chakras, essentially spinning wheels of energy and light. Chakra energy evolution provides an optimal pathway to wellness through combining the latent strengths we all have from within our minds, bodies, and spirits. Establishing your own wellness plan priorities will be different for everyone, embracing techniques to create and sustain energy from mind, body, and spiritual exercises and routines.

In this submodule, participants will get a clear understanding of how energy is derived through an appreciation of the integral biological relationship between Body, Mind & Spirit, all of which contribute to wellness in different ways. This is supported with a detailed overview of the '7 Colours of Chakra', each representing different sources of energy, salient and available, developed in a way to make them clearly recognisable and easy to embrace. This also include a process for participants to self-develop their own 'Chakra Balance' colour coding scale through an interactive exercise to test stress levels.



The background of the slide features a stylized image of a hand holding a glowing Earth. The Earth is depicted with a fiery orange and yellow surface, possibly representing the sun or a molten planet, with a blue and white atmospheric layer. A network of white lines and dots, resembling a molecular structure or a digital network, is overlaid on the scene, with some dots appearing as bright, glowing spheres. The overall color palette is warm, with oranges, yellows, and blues, and a green curved shape on the right side containing the text.

Body Exercises & Techniques to Enhance Wellness

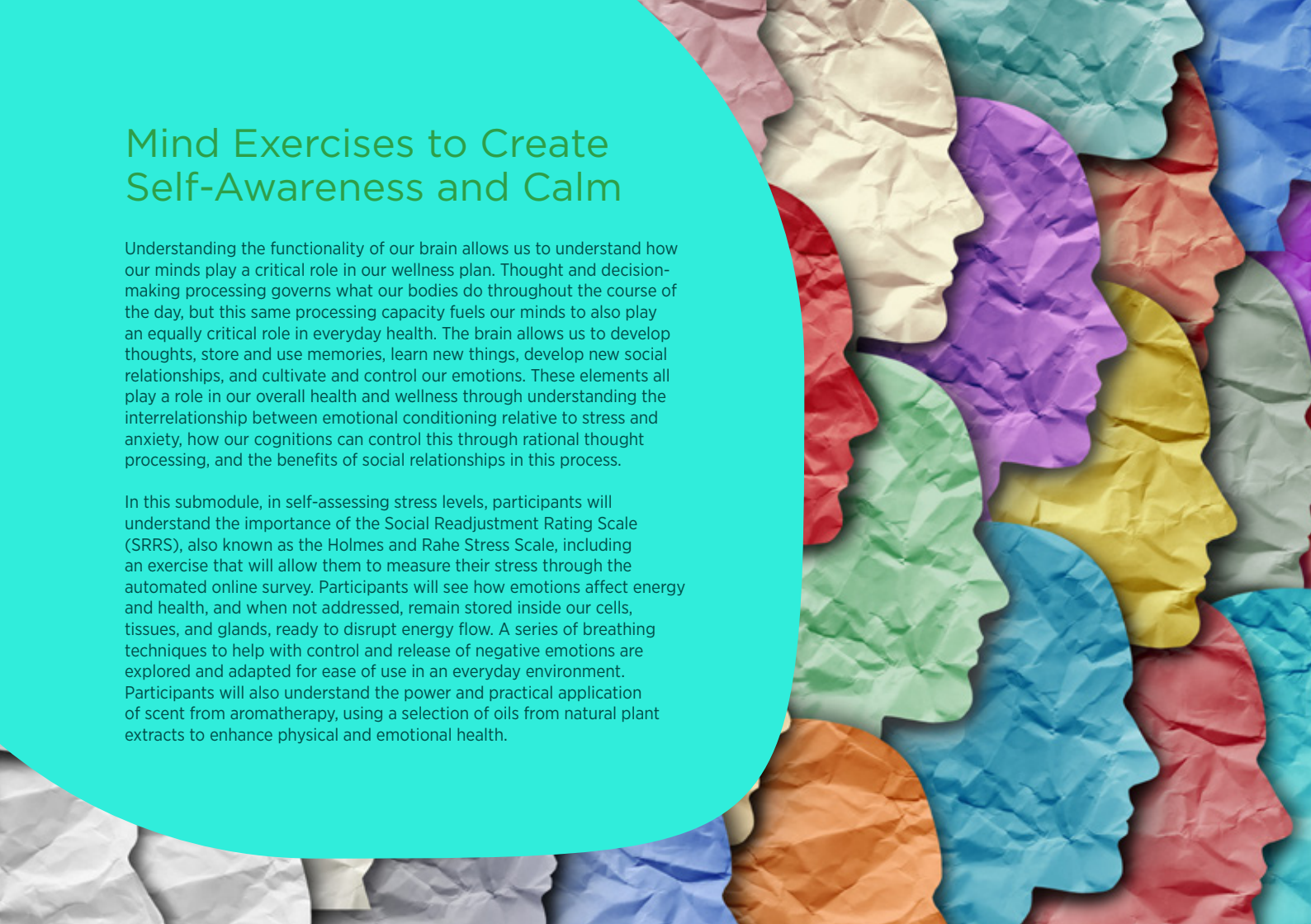
The relationship between your body, what you eat, and your state of wellness emanates from your physical health, enhanced by physical activity. In crafting your wellness plan, physical activity should be right up there, followed by sleep. Exercise is vital for maintaining mental fitness, generating endorphins, reducing stress, and improving alertness and concentration, all of which enhance our cognitive functioning. During sleep, hormones are secreted allowing the body to revitalize itself each day, designed to help your body function better physically. Also, keeping good posture is equally important, for both health and confidence. If your body feels better, so does your mind.

In this submodule, participants will understand how physical body movement creates a positive impact on energy, integrating right and left brain thinking for calmer energy and better cognitive functioning. And conversely, why sleep is so important in recharging your body. As part of this, the relationship between nutrition and energy is explored, how the body and mind performance is affected, and consequently, how energy balance can be disrupted through poor diet. Participants will learn and apply techniques in reflexology, directing different amounts of pressure to the feet, hands, and ears to connect with other body parts and systems to achieve better health. Participants will also explore how to visualise and create positive energy, as well as read a room for positive and negative energy from others.

Mind Exercises to Create Self-Awareness and Calm

Understanding the functionality of our brain allows us to understand how our minds play a critical role in our wellness plan. Thought and decision-making processing governs what our bodies do throughout the course of the day, but this same processing capacity fuels our minds to also play an equally critical role in everyday health. The brain allows us to develop thoughts, store and use memories, learn new things, develop new social relationships, and cultivate and control our emotions. These elements all play a role in our overall health and wellness through understanding the interrelationship between emotional conditioning relative to stress and anxiety, how our cognitions can control this through rational thought processing, and the benefits of social relationships in this process.

In this submodule, in self-assessing stress levels, participants will understand the importance of the Social Readjustment Rating Scale (SRRS), also known as the Holmes and Rahe Stress Scale, including an exercise that will allow them to measure their stress through the automated online survey. Participants will see how emotions affect energy and health, and when not addressed, remain stored inside our cells, tissues, and glands, ready to disrupt energy flow. A series of breathing techniques to help with control and release of negative emotions are explored and adapted for ease of use in an everyday environment. Participants will also understand the power and practical application of scent from aromatherapy, using a selection of oils from natural plant extracts to enhance physical and emotional health.





Spiritual Understanding of Yourself & Others

The spiritual considerations of wellness bring additional perceptions of happiness and help balance out your wellness plan. Part of this is meditation, through using focused and purposeful breathing practices to create calmness, allowing you to connect with your inner self. Spiritual balance is also about purpose and belonging, an affiliation to a cause. Belonging to a group in which you believe in – be it social, work, or religious – can significantly enhance your purpose and your spiritual wellness.

In this submodule, participants will understand the importance of relaxation using Guided Meditation, a process featuring a combination of music, guided imagery, and verbal instruction to help with creative visualisation, relaxation, and mindfulness, including the application of skills to intervene, attribute and assign positive or negative outcomes using the meditation techniques. From this, participants will appreciate how spiritually connected they feel, and how comfortable they are with themselves and others. Participants will also understand about their 'purpose' and the effect this has on their energy flow, assessed, and normalised using the SPIES model, covering Self, Political, Intellectual, Emotional and Spiritual connections. This submodule finishes with an overview of the convergence of how Body, Mind and Spiritual systems work collectively to recognise and mitigate against stress.

Applied Learning

To create and enable tactile and practical understanding of the theory, skills, concepts, and practices around Wellness, the programme includes a range of interactive exercises to engage participants to apply their learning in a tactile way. This will also help in bringing the concepts to life within their organisation.

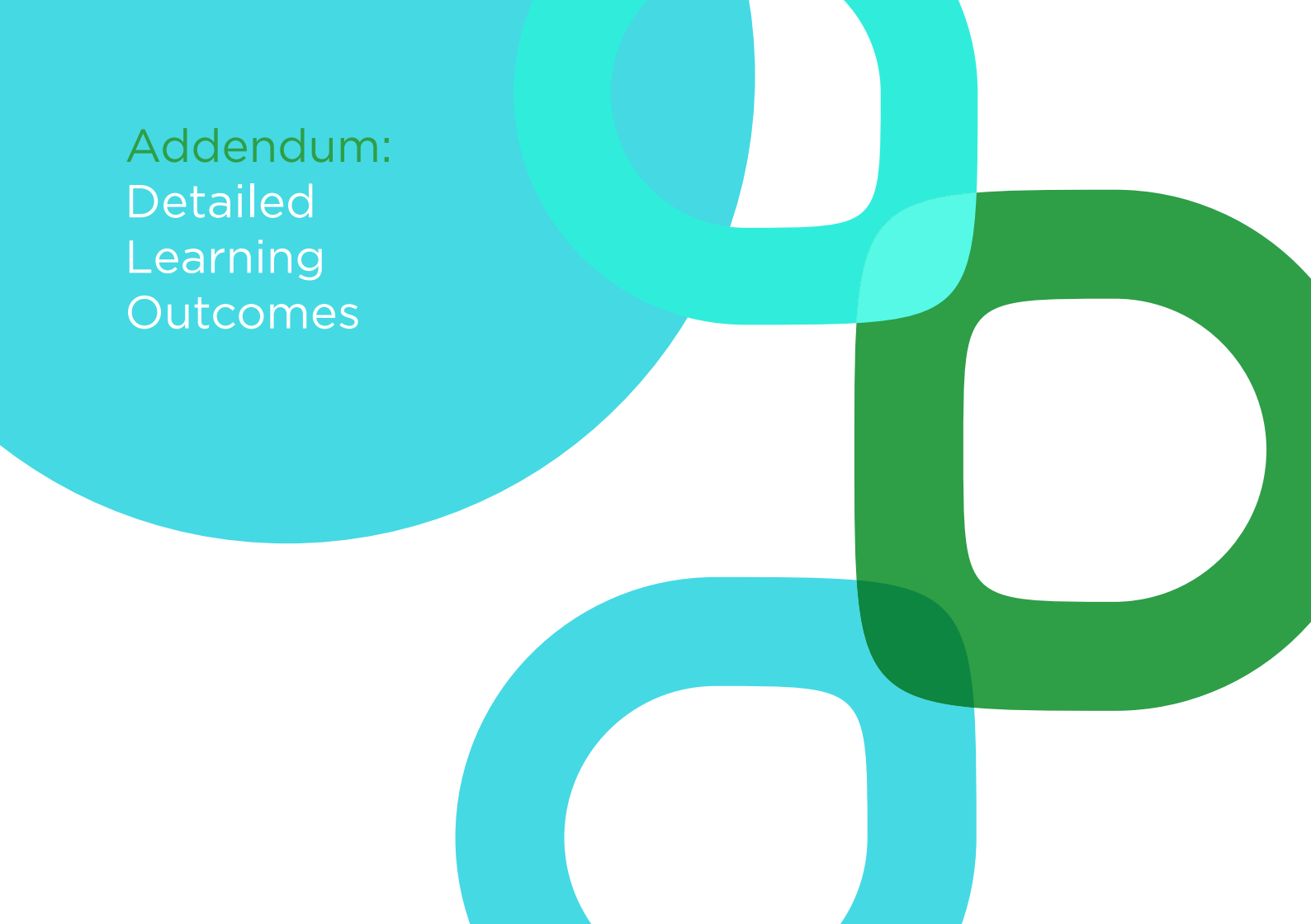


Programme Consultant

The programme is delivered by **Diane Hannagen**, a leading Holistic Therapist, brought up by parents who understood the importance of 'Wellness'. From an early age she was taught how to meditate, to balance energy and the importance of living in the moment.

Diane is Business graduate from the University of Limerick, and loves the cut and thrust of business, targets, and the challenges of attaining these; but she soon realised that she needed to get back to basics and began retraining as a Holistic Therapist. For the last 25 years she has helped people to heal on a physical, mental, and emotional levels. Diane is a qualified Reiki Master Teacher and has multiple Holistic Diplomas and other qualifications in Anatomy Physiology, Reflexology, Aromatherapy, Shirodhara, Thermo Auricular Therapy, together with a number of body and talk therapies. As a registered professional Complementary Health Therapist, Diane has trained many therapists and teachers and runs her own private practice. The structured content, along with relevant and topical case studies, helps enhance the participant's online learning experience.



The background features abstract, overlapping organic shapes in two shades of teal and a dark green. A large teal shape is on the left, with another teal shape overlapping it from the top right. A dark green shape overlaps the teal shapes on the right side. A third teal shape is at the bottom center.

Addendum: Detailed Learning Outcomes

Wellness, Energy & Chakra

Leadership Stream Content:	SL	EE	FT
Wellness Overview: Energy, Body, Mind & Spirit	•	•	•
Creating & Maintaining Energy	•	•	•
Our Chakra System - 7 Colours	•	•	•
Exercise: Chakra 7 Colours SCORM	•	•	•

SL Strategic Leader **EE** Emerging Executive **FT** First-Time

To achieve this learning outcome, participants will develop an understanding of:

- An understanding your integral biology, and the relationship between your Body, Mind & Spirit.
- How your body, mind and spirit all contribute to your wellness.
- An overview of the 7 Colours of Chakra, each representing energy sources for you to embrace.
- How to develop your own 'Chakra Balance' colour coding scale through an interactive exercise to test your stress levels.

Body Exercises & Techniques to Enhance Wellness

Leadership Stream Content:	SL	EE	FT
Stress & The Body: Exercise & Sleep	•	•	•
Integral Biology	•	•	•
Exercise: Integral Biology SCORM	•	•	•
Benefits with Reflexology	•	•	•
Exercise: Reflexology SCORM	•	•	•

To achieve this learning outcome, participants will develop an understanding of:

- How physical movement of your body has a positive impact on your energy, integrating right and left brain thinking for calmer energy and better cognitive function.
- Why sleep is so important in recharging your body.
- How to visualise and create positive energy, as well as read a room for positive and negative energy from others.
- The relationship between nutrition and energy, how body and mind performance is affected, and consequently, how energy balance can be disrupted through poor diet.
- Learning and applying techniques in reflexology, directing different amounts of pressure to your feet, hands, and ears to connect with other body parts and systems to achieve better health.

Mind Exercises to Create Self-Awareness and Calm

<i>Leadership Stream Content:</i>	SL	EE	FT
The Mind & Stress - How Are Brains Cope	•	•	•
Holmes and Rahe Stress Scale - Assessing Your Stress Levels	•	•	•
Exercise: The Holmes Rahr Scale SCORM	•	•	•
Benefits with Aromatherapy	•	•	•
Exercise: Aromatherapy SCORM	•	•	•

To achieve this learning outcome, participants will develop an understanding of:

- An overview of the Social Readjustment Rating Scale (SRRS), also known as the Holmes and Rahe Stress Scale.
- How to measure your stress levels using the Holmes and Rahe Stress Scale.
- How your emotions affect your energy and health, and when not addressed, remain stored in our cells, tissues, and glands, ready to disrupt energy flow.
- How to control and release negative emotions with breathing techniques.
- The power and practical application of scent from aromatherapy, using oils from natural plant extracts to enhance physical and emotional health.

Spiritual Understanding of Yourself & Others

<i>Leadership Stream Content:</i>	SL	EE	FT
The Spirit & Stress	•	•	•
Exercise: Spirit SCORM - SPIES model	•	•	•
Guided Meditation Techniques	•	•	•
Exercise: Guided Meditation SCORM	•	•	•
Integrating The Body, The Mind & The Spirit	•	•	•

To achieve this learning outcome, participants will develop an understanding of:

- An overview of Guided Meditation, a process featuring a combination of music, guided imagery, and verbal instruction to help with creative visualisation, relaxation, and mindfulness.
- Developing and applying intervention skills to help attribute positive or negative outcomes through guided meditation.
- How spiritually connected and comfortable you are to yourself and others, and how safe and secure you feel.
- Understanding your purpose and the effect this has on your energy flow.
- Understanding your connection with life through the SPIES model: Self, Political, Intellectual, Emotional and Spiritual.
- How the convergence of your Body, Mind and Spirit systems work collectively to recognise and mitigate against stress.



For more information on how this
Wellness Programme can benefit your
team members and your organisation,
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