



Corporate Wellbeing Executive Short Breaks

Executive Short Breaks help you make the link between your wellbeing and your performance as a leader. Drawing on the research from Senge, Jaworski, Collins, Goleman, Prochaska and DiClemente, Kabat-Zinn, Kegan and Lahey and others, Executive Short Breaks is designed to give you the tools of mind and body to use for work and other aspects of your life. The focus is on change that transforms and sustains you rather than on a transactional experience.

Executive Short Breaks has four modules. Each module is structured to take a “short break” from your office and meetings and participate either in a group session or an individual session and focus on what is important to you. This time and the time in between sessions allows for reflection, practise and sustainable behaviour change.

The first three modules can be used as “stand alone” modules. The fourth module builds on previous learnings and deepens your practice and understanding.





1 module

Intention, Clarity and Purpose

Match your commitments with your convictions

Module Content:

- Complete the Personal Directions Inventory™ – identify motives driving your behaviour, examine how you use your time, and explore your satisfaction levels.
- Explore your intentions through exercises aimed at deepening your understanding of yourself.
- Clarify your goals.
- Formulate an action plan.
- Individual coaching sessions.

Outcomes:

- Personal action plan aligning your values with your intentions.
- A Personal Direction Inventory™ profile.
- Bibliography of supporting materials and research.

Structure:

Three fortnightly group sessions comprising three hours for the first session and two hours each for the next two sessions.

Coaching sessions 1:1, three fortnightly sessions.