

EMPLOYEE WELLNESS



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Employee Wellness

PTY Training provides programs that support success at work or in the classroom, as well as productivity and health:

With a single goal in mind, topics cover everything from workplace culture and team building to employee wellness promotion. Organizations and educational institutions succeed when their workforce is well and content.

Our workshops are very practical and grounded in adult learning methods for each topic. Employees, teachers, and students all appropriate the material, and practical learning serves to reinforce it.

You can personalize each topic to incorporate essential details about your business, school, or work environment. Workshops can be conducted as lunchtime events, before, during, or after work. Workshops can be held online or in person. Workshops last anywhere from 30 to 60 minutes.

For an organization or school with a decentralized workforce, online training is a great choice since it allows more staff members or educators to get instruction from subject matter experts without being limited by location. We like to teach students in-person.

PTY Training collaborates with you to find the ideal solution for your company or educational institution as your training partner. We offer instructive workshops tailored to your individual requirements. For further information or to arrange a meeting, please give Nadia a call at 061 405 9403.



Employee Wellness
Introduction

PTY
Parent, Teacher &
Youth Training

Workshop List

- Vision Boards
- Company Culture
- Boundaries
- Budgets
- Yes and No
- Conflict Resolution
- How to listen to your co-workers
- Effective Communication
- Values
- Self awareness
- The Power of Teamwork
- Emotional Piggy Bank
- Self Love
- Self Care
- Emotional Intelligence
- Control
- Accountability vs Responsibility
- Reacting vs Responding
- Daily Affirmations
- Think about what you are thinking about
- Attitude of Gratitude
- Thriving during change
- Productivity
- Habbits
- Goal Setting
- Get your ducks in a row
- Bucket list
- Balance
- Discipline in the classroom
- Mindfulness

