

## Career Wellbeing

- What if you knew what you wanted, how to get it and how to get there ... **simply and effectively?**
- What if you knew the secrets to **building influence, achieving ambition and getting the roles** you desire?
- What if you knew how to **perform under pressure, bringing focus and resilience** to your career?

Many people find themselves dissatisfied with their career positioning, uncertain as to the steps they need to take in order to recalibrate and reset. Poor self-care strategies and associated habits, can result in general unhappiness, contributing to significant problems in work life, home life, relationships and mental wellbeing. In this workshop, we are going to look at the steps you need to take to protect against these outcomes, **developing a flourishing, resilient career which provides fulfilment and purpose.**

We are going to explore building harmony between **physical, mental, emotional and spiritual** components of performance, learning their connection to demonstrating optimal performance, time and time again, even under the pressure of unrealistic expectation, overwhelming workload and fast approaching deadlines. This must be in balance, if we are to be optimal in our career performance. If work is energy focused on a task, then having energy in abundance will determine how well the task is completed.



*"I was impressed with your interaction and how you were able to reference and summarize each section. I've not experienced that before. You both displayed why you are subject matter experts in this field."*

### You Will Get

- Knowing who I am, what I represent and how to **express** this with authenticity.
- An **overview of mental health**, the symptoms and the signs of it impacting performance.
- Understanding **career resilience** and how to protect my role and career progress.
- Tools for **maintaining motivation** and performance under pressure.
- Understanding **human energy systems** and their impact on wellbeing and performance
- Explore what you want your career to look like and how it fits with your broader life aspirations
- An understanding of what underpins our capacity to **work at our optimum** and fostering those.
- Tips and tricks as to how to **build internal relationships.**
- Explore how to **build influence and positioning**, making sure that people know that you are willing and able to step up to the next level.



### Investment

So, how much does it cost? Actually, the correct question here is ... **What are you actually buying?**

- You will walk away with an understanding of how to manage your personal wellbeing and mental health,
- You will be armed with tools, that will ensure habits and rituals are implemented that enhance your career performance.
- You will learn what underpins your capacity to work at your optimum.

Is that competitive advantage worth something to you?

10 years in development,  
1000's of conversations,  
500+ successful job placements,  
Scientific & research-based process, expert coaches.

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