KOENIG
step forward

KOENIG SOLUTIONS · COURSE OUTLINE

Health Awareness: Stress Management & Nutrition

Learn to manage workplace stress and adopt balanced nutrition habits for better health and productivity.

5	17
MODULES	TOPICS

COURSE OVERVIEW

This course opens with an introduction to health and well-being in the workplace, then covers stress management, including its impact on health and productivity and techniques such as breathing exercises, mindfulness, time management and physical activity. It continues with healthy eating, covering the importance of nutrition, balanced diet principles, portion control and mindful eating, and tips for healthier workplace choices. The session includes a question and answer segment with an interactive activity, followed by a recap and resources for further support.

WHO THIS COURSE IS FOR

Employees | **Team Managers** | **HR Professionals** | **Workplace Wellness Coordinators**

LEARNING OBJECTIVES

- Explain the importance of health and well-being in the workplace
- Describe stress and its impact on health and productivity
- Apply breathing exercises and mindfulness to manage stress
- Identify time management tips that reduce stress
- Explain the role of physical activity in relieving stress
- Describe basic principles of a balanced diet
- Apply portion control and mindful eating practices
- Identify tips for healthier food choices in the workplace

COURSE SYLLABUS

5 Modules, 17 Topics

01

Introduction - General Health Awareness

TOPICS

- Welcome and brief introduction
- Emphasize the importance of health and well-being in the workplace

02

Stress Management

TOPICS

- Define stress and its impact on health and productivity

TECHNIQUES FOR MANAGING STRESS

- Breathing exercises
- Mindfulness and meditation
- Time management tips
- Physical activity and its stress-relieving benefits

03

Healthy Eating

TOPICS

- Importance of nutrition in maintaining good health

BASIC PRINCIPLES OF A BALANCED DIET

- Importance of fruits, vegetables, whole grains, and lean proteins
- Portion control and mindful eating
- Tips for healthier choices in the workplace

04

Q&A and Interactive Activity

TOPICS

- Open the floor for questions and discussions

CONDUCT A BRIEF INTERACTIVE ACTIVITY RELATED TO STRESS MANAGEMENT OR HEALTHY EATING

- Group mindfulness exercise
- Healthy snack taste-testing with Q&A about nutrition

05

Conclusion and Resources

TOPICS

- Recap key points from the session
- Provide resources for further reading or support
- Encourage employees to prioritize their health

WHAT IS INCLUDED

Everything You Need to Succeed

- Koenig course material for every module
- Delivery by certified instructors and subject matter experts
- Hands-on exercises throughout the course
- Course completion certificate from Koenig

ABOUT KOENIG

Who We Are

Established in 1993, Koenig Solutions is a globally recognised training provider with 35+ technology partnerships, 5,000+ training programmes and a network of certified instructors and subject matter experts, supporting individuals and enterprise teams worldwide.

FLEXIBLE DELIVERY

Learn the Way That Suits You

Classroom Training | Live Online Classes (ILO) | Fly-Me-A-Trainer (FMAT) | Flexi (Self-Paced) | 1-on-1 Training

Ready to Get Started?

Talk to a learning advisor about schedules, group training and customised delivery.

Visit koenig-solutions.com | info@koenig-solutions.com