



THE
LEARNING
DEVELOPMENT
GROUP

Introduction

This intensive short programme is Unit Standard based and aimed at managers wanting to improve organisational and individual wellbeing and implement wellness programmes, with more self awareness.

It is highly interactive and covers the factors that impact on wellness such as leadership, organisational structure, culture and support systems. It goes into the consequences of not prioritising wellness and developing wellness strategies to improve overall wellbeing and productivity.

Delegates will learn about emotional intelligence (EI) and EQ and how to become more self-aware. They will analyse the role and impact of EQ on interpersonal and intrapersonal relationship and how to respond to situations with more emotional intelligence.

Target Audience

The programme is aimed at middle and senior management, Human Resource Managers, Industrial Relations personnel and individuals involved in Employee Assistance Programmes.

It is ideal for leaders wanting to improve wellness, productivity and EQ.

Entry Requirements

- Competent in Communication Literacy at NQF Level 3.
- Competent in Mathematical Literacy at NQF Level 3.

Additional Requirements

- The ability to apply the learning in respect of own area of responsibility.
- Access to a PC, software and the internet.
- Internet and bandwidth to accommodate virtual, facilitator-led sessions, if applicable.

Management & Leadership

Organisational Wellness

SERVICES SETA Statement of Results

US ID: 114212 & 252031

NQF Level: 4

Credits: 7

Course Delivery & Assessment

We use in-classroom, virtual classroom and blended interactive, facilitated training, group discussions and practical exercises to embed skills.

You will need to:

- Attend all scheduled sessions.
- Demonstrate theoretical and practical understanding of course content.
- Complete and present practical assignments.
- Participate in group activities and discussions.
- Compile and submit a Portfolio of Evidence (PoE).

To receive your Statement of Results, Organisational Wellness, you will need to compile, submit and be found competent on a Portfolio of Evidence (PoE).

Learning Outcomes

By the end of this short programme, you will be able to:

- Explain organisational and employee wellness.
- Explain the factors that impact on wellness in a business environment.
- Research the corporate culture in a specific business unit or small organisation.
- Explain the benefits of wellness to an organisation.
- Develop a strategy to improve organisational wellness in a business unit or small organisation.
- Demonstrate knowledge and understanding of the principles and concepts of emotional intelligence in respect of life and work relations.
- Analyse the role of emotional intelligence in interpersonal and intrapersonal relationships in life and work situations.
- Analyse the impact of emotional intelligence on life and work interactions.
- Evaluate own level of emotional intelligence in order to determine development areas.





Course Content

Organisational Wellness

Accreditation Body: SERVICES SETA

| SAQA ID: 114212 | NQF Level: 4 | Credits : 3
| SAQA ID: 252031 | NQF Level: 4 | Credits : 4

Module 1: Explain the Impact of Organisational Wellness on a Business Environment and Indicate a Strategy for a Business Unit

- Explain organisational wellness and the link to productivity and lifestyle
- Explain employee wellness and why it is important
- Explain the factors that impact on wellness in a business environment
- Research the corporate culture in a specific business unit or small organisation
- Explain the benefits of wellness on an organisation
- Develop a strategy to improve organisational wellness in a business unit or small organisation

Module 2: Apply the Principles and Concepts of Emotional Intelligence to the Management of Self and Others

- Demonstrate knowledge and understanding of the principles and concepts of emotional intelligence (EQ) in respect of life and work relations
- Analyse the role of emotional intelligence in interpersonal and intrapersonal relationships in life and work situations
- Analyse the impact of EQ on life and work interactions
- Evaluate own level of EQ in order to determine development areas



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