wellbusiness™
workplace wellbeing for companies and individuals
A partnership for your wellbeing at work
Quality training in an exceptional location

With business more competitive than ever and stress levels among employees reaching unprecedented new highs, fast training has teamed up with MONDORF Domaine Thermal to offer you a range of exciting new courses.

Our fabulous new partnership with one of Luxembourg’s leading spa and wellness centres, sees us introducing a selection of all inclusive packages specifically designed to manage stress, increase productivity and boost communication skills.

The interactive courses take place in the delightful and tranquil setting of Mondorf, a long established centre dedicated to relaxation and health, and will be run by highly experienced trainers. We are delighted to be able to offer a fantastic range of courses offering all-inclusive packages tailored to suit your staff. We have named this new product “wellbusiness™”.

For further information please contact us via email at info@fasttraining.eu or by telephone on +352 2255991.
Managing stress

With business more competitive than ever before, pressure on individuals in the workplace has soared to new levels. While some individuals may flourish under pressure, for many, longer working hours and increased demands can leave employees stressed and unable to work efficiently. It’s an unavoidable fact that stress has a negative impact not only on performance in the work place but also on health.

Our aim with wellbusiness™ is to give employees a clear strategy to manage and reduce stress by indentifying the triggers and providing insightful and specific ways to combat it.

Package “zen attitude”
1 day, two modules “Managing stress” and “Boosting assertiveness”
Place: MONDORF Domaine Thermal

This module can be delivered in English, French or Luxembourgish
Boosting assertiveness

Along with increased pressure come increased demands. Many employees can feel overwhelmed by rising workloads and expectations which is why assertiveness and the ability to take control have become crucial assets for any worker. Our aim with wellbusiness™ is to give our clients concise techniques so that they feel able to clearly express their expectations, opinions and their needs in the fast-paced and ever-changing work environment.
Effective Communication

Effective communication is the cornerstone of successful business. Are your employees confident communicators able to represent and be ambassadors for your company? Can they build and nurture great working relationships with colleagues and external contacts? Excellent communication is an essential skill if you want to succeed in the modern world of business. Our trainers will equip employees with the key rules of effective communication.

Managing conflict

Conflict is an inherent part of the communication process and sometimes unavoidable. However, conflict doesn’t have to mean the breakdown of communication and working relationships. On the contrary, wellbusiness™ teaches you how conflict, if managed and controlled effectively, can be the catalyst to rewarding and productive changes within your business. We show you how to manage conflict and achieve common goals while still maintaining a mutual respect for colleagues.
Managing stress

The objective of this training is to provide anyone affected by stress with a complete toolbox of coping strategies by identifying the sources of stress, reducing its negative impacts and showing how stress can be harnessed to achieve positive results.

Objectives of the course

By the end of the course, delegates will be able to:

- identify their own particular causes of stress;
- understand the impact their stress has both on their own performance at work and how it impacts their teams;
- define stress and its effects on both people and organisations;
- recognise the symptoms of stress in individuals and teams;
- evaluate the effectiveness of different strategies for reducing the causes of stress and coping with stress in a team environment.

Target audience

This course is aimed at managers, supervisors and team leaders. However, by arrangement, the course can also be delivered to whole teams in a workshop style as part of a team-building development programme. Likewise, we are happy to liaise with clients to adapt exercises and role-play to incorporate and utilise specific situations from your working environment.

Duration: 1/2 day
At the end of the course, participants will be able to:

- understand assertive communication as a concept and recognise how assertiveness differs from aggression or passivity;
- recognise their own modus operandi and analyse the impact of it in their own communication;
- recognise the communication style of others and be able to adapt to it;
- identify the impact of relationship power games on the quality of their professional communication;
- be attentive to their non-verbal communication and that of others;
- put in place objectives and devise plans to ensure their completion.

Boosting assertiveness

The objective of this course is to teach participants the principles of assertive communication and how to incorporate these into their daily lives. The course combines a solid theoretical base coupled with practical exercises that ensure the learning can be effectively applied in the workplace.

Objectives of the course
At the end of the course, participants will be able to:

- understand assertive communication as a concept and recognise how assertiveness differs from aggression or passivity;
- recognise their own modus operandi and analyse the impact of it in their own communication;
- recognise the communication style of others and be able to adapt to it;
- identify the impact of relationship power games on the quality of their professional communication;
- be attentive to their non-verbal communication and that of others;
- put in place objectives and devise plans to ensure their completion.

Target audience
Open to all

Duration: 1/2 day
At the end of the course, participants will be able to:

• control emotions better in order to communicate better, be it with an individual or a group;
• better understand the principles of communication, including the use of body language;
• structure information to improve communication and the passing of messages;
• be a more effective listener;
• use voice modulation to aid communication;
• realise how many messages we are capable of communicating;
• deliver a powerful presentation with impact.

Our aim is to equip employees with the skills to communicate with confidence and clarity so they can contribute fully to the success of your organisation.

Effective communication

Objectives of the course
At the end of the course, participants will be able to:

• control emotions better in order to communicate better, be it with an individual or a group;
• better understand the principles of communication, including the use of body language;
• structure information to improve communication and the passing of messages;
• be a more effective listener;
• use voice modulation to aid communication;
• realise how many messages we are capable of communicating;
• deliver a powerful presentation with impact.

Target audience
Open to all

Duration: 1/2 day
Managing conflict

Objectives of the course
At the end of the course, delegates will be able to:
• communicate more easily;
• recognise the causes and potential consequences of conflict;
• judge the impact of conflict on communication;
• be assertive in conflict management and conflict mediation;
• manage the emotional dimension of resolution conflict;
• understand the impact of culture and language on communication and conflict;
• apply different strategies to obtain positive results from the resolution of conflicts.

Target audience
Open to all

Duration: 1/2 day
How to contact us

via email: info@fasttraining.eu
via telephone: +352 22 55 99 1

Credit photos: MONDORF Domaine Thermal