



Institute for Capacity Development (ICD)

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Health and Wellness Programme

Course Objectives

On completion of the course, participants should be able to:

- Assist with problem solving.
- Help people explore their options.
- Assist with conflict resolution.
- Provide constructive feedback.
- Raise awareness among employees regarding the importance of lifestyle behaviors that promote good health
- Provide employees information and resources on how to make changes that reduce their risk for chronic diseases.
- Promote changes to workplace policies and environments that promote and support employees in being more physically active, having access to healthier food, avoiding drug abuse and managing stress.

Target Groups

- Wellness Manager
- Wellness Program Manager
- Worksite Wellness Coordinator
- Director of Sports, Fitness, and Wellness
- Insurance Professionals,
- Human Resources Administrators,
- Nurses and Fitness coaches
- Health educators and promoters.

Course Outline

- Employee Health and Well-Being
- Health policies and procedures
- The dimensions of wellness

- Health and Wellness Coaching
- Employee wellness in the work context
- Factors enhancing/ inhibiting employee wellness
- Applied Anatomy and Fitness Principles
- The changing body, memory and thinking skills
- Disorders of the brain
- Establishing an in-house workplace wellness program and resource center
- Disseminating a monthly wellness program newsletter
- Stress, Dependencies and Addictions
- Healthy Eating and Physical Activity
- Environmental Health
- Marketing and Communication for Health and Wellness
- Health Resource Management
- Medical Ethics/Policy
- Leadership and Change Management in Health
- Balancing work and home
- Information Technology in Healthcare
- Procurement of medicine and other medical necessities;
- Action Planning

Dates: 11th – 22nd March 2024

Duration: 2 weeks

Course Costs: US\$2850

Venue: Kigali, Rwanda