

Perspectives on Personal Wellness for IS Professionals

A framework for optimizing the quality of professional and personal life

In this 5-hour workshop, you, as an IS professional, will receive guidance in the development of a multi-dimensional, holistic approach to maintaining "personal wellness". You will be provided with many practical, implementable suggestions for enhancing your life energy, motivation, and capacity for handling stress. References will be made to particularly de-energizing situations in the reality of Information Systems work.

Based on the concepts of "who you are is how you work", life enhancement perspectives will be presented from the areas of nutrition, physical fitness, emotional "literacy", psychological insight, personal (inner) growth, and relational capacity integration of the approaches will be emphasized.

Uniqueness:

Whereas other "stress management" courses and programs are available, this workshop offers a systems approach drawing on wisdom from conventional and alternative sources. It provides a framework, a "big picture" into which other valuable efforts can fit in. Moreover, it goes beyond prescriptions for symptom relief and focuses particularly on development of the "inner self", where much potential energy for life and creativity is buried. Also, this workshop addresses particular situations from IS work.

Usefulness:

You will receive practical guidelines for:

- *noticing energizing and de-energizing situations in your job*
- *looking for the root of de-energizing experiences*
- *understanding job strengths as related to personality type*
- *relating to different personality types at work*
- *managing one's career in IS*
- *finding a deeper source of security and confidence*
- *dealing with uncertainty creatively*
- *enhancing work energy through effective nutrition*
- *naturopathic approaches to preventive medicine*
- *building effective support systems at work*
- *creative re-engineering in mid-life and mid-career*
- *... and many others.*

Registration and General Information:

Date and Time:

Location:

Instructor: Eugene Kaluzniacky

Fee:

Phone:

Fax:

Email:

Updated August 1999 by: [T. Jobateh](#)

[[IT Wellness](#)]