

Training overview

Our training courses are based on the latest scientific theories and are supported by interesting practical examples from the corporate world and elite sport. They are taught by certified trainers who are all specialists with extensive experience in their respective fields. Our courses inspire participants and encourage them to implement sustainable behavioral change.

The online training courses are 2.5 hours long and on-site courses are 3 hours. Exceptions to this are the Energy Management courses 1 – 4, which are available in full day (7 hours including breaks, on-site) or half-day (3 hours including breaks, on-site or online) versions. Please note: EM 2 - 4 are consecutive sessions and cannot be taken separately.

▪ Energizing individuals

Training		Description	Online	On-site
ENERGY MANAGEMENT	EM 1: Energy management – the basis	How sustainable is your way of life under the current circumstances? Why is it that you know what is good for you, but still often fall back into unhealthy habits? These two questions make up the core of the EM 1 training, which aims to have participants reflect on their physical energy management and encourage them to implement healthy and feasible concrete actions. The following topics are covered in the training: <ul style="list-style-type: none"> What is energy management and why should you want to improve it? Reinforcing the physical base of the pyramid Vital alternation: expending and recharging Tools for behavioral change 	Max. 12 participants (half-day)	Max. 15 participants (day or half-day)
	EM 2: Emotional energy: stress & emotions (continuation of EM 1)	We live in a world with a lot of pressure to perform and where we always seem to be 'on'. We often hear about the associated stress and burn-out, but other commonly occurring forms of emotional 'discomfort' include anxiety, insecurity, frustration or irritability in the workplace. How can you effectively deal with these issues? The following topics are covered in the training: <ul style="list-style-type: none"> Reflecting on your own emotional energy management Insight into the influence of perception Increasing your influence on your emotions Strengthening your ability to respond to stress and emotions (coping, not in the half-day version) 	Max. 12 participants (half-day)	Max. 15 participants (day or half-day)
	EM 3: Mental energy: focus & performance (continuation of EM 1+2)	The world around us changes rapidly, marketers constantly try to (unconsciously) tempt us, and we have almost unlimited access to information and continuous contact. Our brains love it: a text message, a like, the instant gratification of online shopping – fantastic! We're doing everything at once but does multitasking really exist? The goal of this session is to get you to work with more focus and attention on tasks that are important to you. The following topics are covered in the training: <ul style="list-style-type: none"> Reflecting on focus Understanding the importance of total focus and how it works Optimizing the conditions for total focus (vs. multitasking) 	Max. 12 participants (half-day)	Max. 15 participants (day or half-day)



DE VITALE FACTOR

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ENERGY MANAGEMENT	EM 4: Spiritual energy: values & identity (continuation of EM 1, 2 and 3)	Am I spending time on the right things? Do I lead a meaningful life? And what exactly is meant by meaningful? These are valuable yet complicated questions. Unfortunately, they often do not get the consideration they deserve due to the fast-paced world we live in...at least until you hit a wall and notice that there is an energy leak somewhere. In this training, we try to anticipate this because, while physical energy provides the solid foundation, it is spiritual energy that gives you direction. The following topics are covered in the training: <ul style="list-style-type: none"> ▪ Reflecting on your guiding values ▪ Insight into the influence of conforming with the environment (fit / misfit) ▪ Seeking positivity and ‘meaning’ (from meaning as an outcome to meaning as a verb) ▪ Explore, recognize, and acknowledge the real you 	Max. 12 participants (half-day)	Max. 15 participants (day or half-day)
REMAINING VITAL DURING THE CORONA CRISIS	Working from Home series	Our mental strength and resilience are now more heavily burdened than before. We have largely changed how we work and live on adrenaline to adapt to the constantly changing environment during the corona pandemic. But, months later, we now see people burning out because we have not adapted in a sustainable manner. Lifeguard uses a series of 5 training courses to help your employees create new habits and work more effectively from home: <ol style="list-style-type: none"> 1. Creating new habits for sustainable energy 2. Dealing with stress in the new situation 3. Building a positive mindset 4. Learning to relax like a professional 5. Maintaining your focus under pressure 	Max. 12 participants	N/A
	Navigating in a new reality	Managing your energy is probably more important and urgent now than it was before, but it has not gotten any easier for most of us. This session offers room for reflection and we provide practical models, exercises, and insights to help you learn to navigate in the new reality. This enables you to take or maintain control of your own energy and makes you even more aware of the positive influence you can have on others.	Max. 12 participants	N/A
	Time out – recap, reflect & reinforce	Have you previously participated in a Lifeguard Energy Management training on topics such as recharging energy, effective recovery, performing under pressure and/or mental strength? Then why not treat yourself to this time-out session on ‘navigating the new reality’! By jointly thinking about the current reality and uncertainties, reflecting on your resilience and formulating new actions, you ensure the proper motivation for the coming months.	Max. 12 participants	N/A



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▪ **Energising individuals**

Training course		Description	Online	On-site
PERFORMING UNDER PRESSURE	Performing under pressure	This training is about the basics of stress management. What is stress? Why do we need it? How can you cope with it? You will learn to recognize your own signs of stress and the signs of your colleagues.	Max. 12 participants	Max. 15 participants
	Mental power	Your mental strength largely determines the success with adjustments in your lifestyle. You know what you can do better, but you need more control over your behaviour. After this training you are better able to focus on your vital goals and you know how to deal with distractions. It helps you break through patterns and build positive rituals.	Max. 12 participants	Max. 15 participants
	Ice bath challenge	Scientific research shows that there is a special way to increase our vitality: activating our adaptability to natural environmental factors. With cold tolerance training you increase your mental strength. Our training will bring you knowledge, specific exercises and the opportunity to step into the ice bath under supervision.	Not available	Max. 15 participants
RECOVERY	Relax to Perform (HRV)	HRV stands for Heart Rate Variability which is the variation in duration between a series of sequential heartbeats. People are able to show relaxation in a simple, quick and reliable manner via HRV. During the training, the meaning of HRV is further explained based on scientific insights on how the heart and brain work together and how people can exert influence on this by feeling relaxed and vital in all circumstances.	Not available	Max. 15 participants
	Relax to Perform	To be able to perform optimally under pressure, it is very important to have control over your tension level. For example, too high or low muscle tension will influence your mental and emotional state. Relaxation helps you to keep your energy charged longer, to think clearly and to deal better with stress. If you are more relaxed, the quality of your sleep will be better. After this training course you know multiple relaxation methods to recover faster.	Max. 12 participants	Max. 15 participants
	Sleep to Perform	The Sleep training is based on the principles of energy management. The basis is the role of sleep in the effective management of physical, mental and emotional energy. The training shows what sleep is and why a good night's sleep is so important to us. This training is available in 2 variants: for people who work during the day and for people with irregular work / night shifts.	Max. 12 participants	Max. 15 participants
	Yoga	Yoga aims to connect body and mind through breathing. It is suitable for everyone, because everyone exercises according to their own abilities. The benefits of yoga are: more energy, more flexibility, strength and balance - both physically, mentally and spiritually. It does not matter whether you perform the postures perfectly, it is about experiencing what yoga does to you.	Not available	Max. 15 participants

▪ **Energising individuals**

Training course		Description	Online	On-site
RECOVERY	Mindfulness	During this training, you will get to know the background and applications of mindfulness. The training shows the positive effects of mindfulness on your personal vitality. The training includes practical exercises exploring mindfulness, including the total body-scan and breathing exercises. You will receive tools to continue practicing at home and integrate mindfulness in your daily live.	Max. 12 participants	Max. 15 participants
	Play to Perform in support of:  RIGHT TO PLAY BUITVRIJ VOOR DE HELE WERELD	Playing is relaxation, playing inspires and connects. Playing means: recovery & performance energy. Playing is important to be effective: 'work hard, play hard, rest hard'. In collaboration with the Right to Play foundation, we have developed the 'Play to Perform' workshop, in which we teach participants on the basis of game formats what playing can mean for them in their working environment.	Max. 12 participants	Max. 15 participants
MOVE	Move to Perform	In the 'Move to Perform' training, a bit of awareness is created that increases the motivation to exercise. The mechanisms behind stress reduction, improved energy management and a fitter brain in relation to exercise are revealed. Attention is also given to different types of exercise.	Max. 12 participants	Max. 15 participants
EAT	Energy Food	During the Energy Food training, the crucial link between food & energy is clarified, as is the central role of nutrition in delivering a good performance. The training encourages reflection and you may even think differently about nutrition afterwards. This training is also available in a special version for people who work in shifts.	Max. 12 participants	Max. 15 participants
	Food – Hot topics	Nutrition is a complex subject that has many conflicting messages. This training focuses on messages about nutrition in the media and helps you further in the search for the right information about nutrition. This way you can make more conscious choices that suit your personal situation.	Max. 12 participants	Max. 15 participants
PURPOSE	The positive brain	Every business and personal result improves with positivity: productivity, creativity, resilience, energy and flow. Drawing on the latest findings of positive psychology and neuroscience, this interactive, experience-based training first explores the theory of the 'positive brain' and why investing in it is worthwhile. We will then look at the mechanisms that allow us to rewire our brain, manufacture positive resonance and create sustainable 'positivity habits'.	Max. 12 participants	Max. 15 participants

▪ **Energising individuals**

Training courses		Description	Online	On-site
WORK-LIFE BALANCE	Work-life balance	In this training we look at the balance between work & private life and how we can optimize this. The training shows the importance of setting priorities. The various roles that are asked of you are discussed in detail.	Max. 12 participants	Max. 15 participants
	Top mom / Top parents	The program lasts one year and consists of six group meetings, two individual coaching sessions, access to the personal online web portal and literature. In this program consisting of training sessions and coaching sessions you will learn how to combine motherhood / parenthood with a (top) career. You also build a network with ladies / parents with similar ambitions from various companies.	Max. 12 participants	Max. 15 participants

▪ **Energising leaders**

Training course	Description	Online	On-site
Remote leadership	The manager's role in the employee's experience of stress is decisive. But as a manager, you, too, might be wondering how to handle the current situation. Managing your own energy, impacting the energy of your team members as well as simply overseeing the daily work – all are currently being challenged in different ways. To help with these and other scenarios we offer a training, specifically tailored for team leaders, with the goal of sharing insights, reflecting on one's own conduct and reviewing best practices for remote leadership.	Max. 12 participants	Not available
The Vital Remote Leadership Trilogy	As a vital leader you can ensure that your people and team remain energized and invigorated, too – the number one requirement for long term successful employees and teams. The Vital (Remote) Leadership Trilogy covers two levels: you as the energized leader and the energetic and stimulating work climate that you as a leader create. Using the Lifeguard Leadership Model, we further develop your self-awareness, facilitate the discussion around the various leadership themes and set behaviour change in motion. This online training trilogy, by one of our senior trainers, is for a maximum of 8 participants. It comprises two training sessions of 1.5 hours each, an intervision session of 1 hour and two assignments.	Max. 8 participants	Max. 8 participants

▪ **Energising leaders**

Training course	Description	Online	On-site
Top Performer Program	This program intensively trains management teams and directors for 6 months to other work and lifestyle habits. The result? Vitality, more mental and emotional resilience and greater performance. With this program Lifeguard has achieved behavioural change for more than 100 top managers of large multinationals. Participants are more balanced, more comfortable and perform better. The Top Performer Program is often a powerful starting point for the participants to bring vitality and performance to a higher level within their organisations.	Not available	Max. 15 participants
Mastering the art of vital leadership	This program is intended for managers with a minimum of 3 and a maximum of 10 years of managerial experience. It consists of 2 modules of 24 hours, a health check and 3 individual coaching sessions in a period of 60 days. The aim is to strengthen your own physical, emotional and mental resilience and to learn how to stay in balance as a leader. You will make the transition to team and organisation goals, in order to make a greater contribution to the results of your organisation – being a vital leader.	Not available	Max. 15 participants
Leadership & stress	In this training you learn to deal with stress better, but also recognize the stress signals of employees. How can you enter into a conversation to coach employees and actually encourage them to take action? The training uses an actor to practice conversation techniques.	Max. 12 participants	Max. 15 participants

▪ **Energising teams**

Training course	Description	Online	On-site
Net Vitality Score (NVS) Team track	NVS stands for ‘Net Vitality Score’, a measurement of the collective energy within your team or department. Team energy is crucial for company success and, even when working physically apart, can be measured and managed. The team will receive concrete advice how to go about doing this. Lifeguard helps with <ul style="list-style-type: none"> • Insight into your team’s energy using the Net Vitality Score (NVS) • Translating the results into concrete actions for improvement (considering the current, working-from-home circumstances) • Teaching team members how to stay optimally connected with each other, given the current circumstances 	Max. 12 participants	Max. 15 participants
Creating a supportive environment	A training that inspires and helps the team members to get a better grip on their own energy and the energy in their team. The participants work on strengthening the solidarity within the team and on increasing mutual trust. This training mainly focuses on social support: how can you support each other in stressful situations?	Max. 12 participants	Max. 15 participants



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▪ **Energising teams**

Training course	Description	Online	On-site
<p>Thriving in turbulent times – keep yourself and team energised in times of change and uncertainty</p>	<p>Right now, in these times of change and uncertainty, it is important to reflect on how we can maintain sustainable performance. Personally and also collectively, as a team and an organisation. Lifeguard offers a tried and tested approach for greater resilience and better performance.</p> <p>How? A team program over a period of 4 months (8.5 hour time investment), targeting behavior change through the combination of monitoring, team sessions & individual coaching delivered by experienced trainers and coaches.</p> <p>For whom? Team members wishing to perform better as individuals and as a team. A thriving team is a team which performs well over the long run, and which demonstrates resilience when faced with challenges. Members enjoy being part of the team and show enthusiasm in their work.</p> <p>What are the deliverables?</p> <ul style="list-style-type: none"> • Team members enjoy more energy and resilience • An overview of improvement points relating to the functioning of the team • Team members know how to support colleagues under stress • Vitality becomes a permanent topic of discussion based on a shared framework of knowledge 	<p>Max. 12 participants</p>	<p>Not available</p>