

Life Dynamics

Training



Company Profile



Who We Are

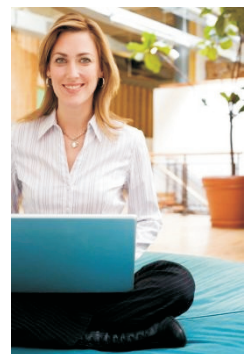
Life Dynamics Training is a leading edge provider in the field of personal and organisational development, effectiveness, communication and transformation. With 20 years of expertise based on extensive research and development servicing individuals, organisations, communities, and institutions.

What We Do

Life Dynamics Training generates high leverage opportunities in human capital through a holistic system approach to social-emotional processes.

Life Dynamics Training adds value directly to the client organisation by engendering pro-active, positive and supportive psychosocial behaviour and lifestyle choices. Programmes improve general lifestyle, individual relationships and organisational dynamics through effective communication techniques and provide powerful leadership and self-management skills, methods and models.

Wellness is cultivated from within. Emotional, mental and attitudinal dynamics being profoundly significant factors in behaviour, health and lifestyle. Life Dynamics Training fully engages these key behavioural modes resulting in improved performance, reduced absenteeism and presenteeism, increased productivity and greater employee constancy.



How We Do It

Life Dynamics Training provides breakthrough programmes covering a range of topics and areas vital to the successful experience in all spheres of life and humanness.

Programmes are innovative, effective, and immediately relevant. The foundation of Life Dynamics Training programmes is their design to bring about a fundamental shift in what is possible in people's lives. Participants see new possibilities for effective action in everyday matters. They are able to achieve higher standards of excellence, rapport and intimacy and to think and act beyond existing views and limits - in their personal lives, careers, relationships, and all wider fields of interest.

This impacts directly on key organisational social-emotional processes immediately benefiting the individual and rippling out to the customers', the staff's, the leaders', the suppliers', the stakeholders', the shareholders' and ultimately, the organisation's mutual benefit.

All programmes are strictly results orientated with meticulous regard to day-to-day life, and the overall wellness of the individual and all their interdependent relationships.

Ongoing personal support, feedback and instruction is available via personalised email and an interactive web based technology platform.

Combine this with flexibility and innovative expertise to customise delivery, content, structure and scale and to produce unique value-added products and services according to client requirements. Excellent client service completes this total quality offer.



Wellness cannot be considered in isolation or as exclusively concerned with physical health. To be effective it must consider the individual as a whole organism. A significant body of published literature confirms what we know as fact – a healthy mind, healthy emotions and a healthy attitude in a healthy body equals a healthy and productive employee.

Adopting a holistic systems approach to the human being means taking into account all key elements; physical, emotional, mental and intellectual. Combined with the fundamental needs and significant spheres of concern: financial, familial, social, security, spiritual, relaxation, recreation, relationship and children, amongst others. These must be included and integrated in order to constitute a comprehensive wellness solution.

Life Dynamics Training delivers a positive short and long-term return on your wellness investment (ROI) by addressing influential factors underlying performance capacity, which results in:

- improved productivity, efficiency and creativity
- reduced absenteeism and presenteeism (unproductive time in the workplace)
- improved employee loyalty, allegiance, fidelity, reliability, constancy and dependability
- reduced staff turnover
- reduced stress levels and increased resilience to stressors
- improved communication, interaction and relationships
- increased levels of company morale and unit drive
- increased management support and cooperation
- improved day-to-day quality of work and personal life for the employer and employee

