

NEW



SAICE Academy Mastering Soft Skills as an Engineering Professional – Simple Steps to Better Health

0,1 CPD POINTS

SAICEEL25/04072/28

SAICE is an ECSA Approved CPD Service Provider



Simple Steps to Better Health

Presented By: SAICE Volunteers

Fully On-Line

Unlock Peak Performance: Why Your Health Matters?

As an engineering professional, you prioritize precision, problem-solving, and project milestones. However, optimal health is the foundation upon which your cognitive performance, energy levels, and career longevity are built.

This course, "**Mastering Soft Skills for Engineering Professionals: Simple Steps to Better Health**," is designed for busy professionals like you. It cuts through the noise and offers seven straightforward, evidence-based strategies to boost energy, enhance productivity, and achieve overall well-being through small, consistent changes to your daily routine.

Why your health Matters as an Engineers.

In the demanding world of engineering, feedback, critiques, and high-pressure situations are common. Learning to take good care of your health is vital for:

Reducing Stress: Minimize the emotional toll of workplace interactions.

Improving Collaboration: Foster healthier and more productive team environments.

Enhancing Communication: Engage in constructive dialogue without defensiveness.

Accelerating Personal Growth: Embrace feedback as an opportunity for development.

Boosting Overall Well-being: Experience greater inner peace and job satisfaction.



SCAN TO PURCHASE
BOOKS BUY BOOKS

Key Soft Skills You Will Master:

This course provides a practical, step-by-step implementation guide for each of these foundational health habits:

Get Out in the Sun: Learn how to use morning sunlight to your benefit.

Cut Out Sugar and Ultra-Processed Foods: Discover the hidden impact of modern foods and what to replace them with.

Prioritise Quality Sleep: How treat sleep as essential maintenance for your brain and body.

Manage Stress Effectively: Uncover the engineering impact of chronic stress.

Practice Mindful Hydration: Understand why water is essential infrastructure for your body.

Nourish Your Gut Health: Explore the science of the "second brain".

Focus on Progress, Not Perfection: Adopt an engineering approach to health.

Invest in Your Future

What You Will Gain:

- **Increased Productivity:** Studies show these practices can boost workplace productivity by approximately 14%.
- **Sustained Energy:** Participants report an average 30% increase in energy throughout the workday.
- **Reduced Stress:** Engineers implementing these practices reported a 45% decrease in perceived stress levels.

Ready to build a healthier, more productive you?

Enrol now and redefine your professional journey!

- No need to take any time off work
- No travel and or accommodation costs
- No lost productivity costs