

WELL-BEING AND MENTAL HEALTH THROUGH THE ARBINGER LENS

RECONNECT

“Nature opens the door, we ask the questions and you experience adventure”

We at the Arbinger Institute are aware of and aligned to the unequivocal message from the longest study on happiness and well-being in human history (a whopping 75 years) conducted by Harvard: “Good relationships keep us happier and healthier.” Period! It turns out that people who are more socially connected to family, friends, and community, and to those they work with, are happier, are psychologically and physically healthier, and live longer than those who are less connected. It is not the quantity but the quality of our relationships that matters most. Good relationships protect our physical and psychological well-being and can be wonderfully rewarding; however, they can also bring about heartache, conflict, frustration, stress, anxiety, depression, and anger. Unattended and deconstructive conflict (past and present) is one of the key factors impeding mental health and well-being.



MEET YOUR GUIDE FOR THE ENGAGEMENT

Dr Cobus Pienaar: Managing Director, The Arbinger Institute South Africa
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James Baldwin’s idea resonates deeply with me: not everything that is faced can be changed, but nothing can be changed until it is faced. Carl Jung believed that the sole purpose of our human existence is to kindle a light in the darkness of mere being. Shakespeare eloquently summarises this by stating that nothing is either good or bad but thinking makes it so.



I became involved with the Arbinger Institute more than 14 years ago and I strongly related to the content and what this international company stands for. It has opened my eyes to the way I and others are inviting and creating the very same problems we so easily blame on others, without seeing our own ‘hand’ in these problems. The Institute provides the world with the tools and frameworks required to address the challenges that plague all of us to some degree – the human condition as I refer to it. Lastly, I have found ways to re-connect with myself and those around me – as I had become a stranger to myself at times.

There is no good or bad, there is only perception – only us, as Ryan Holiday puts it. There are events and then we have stories we tell ourselves about these events. Where our head goes, the body follows; perception precedes action.

Finally, I believe that our bodies need movement, and our minds need stillness, and that nature provides us with both. It is my wish to incorporate all these elements into this one experience.

VALUE PROPOSITION

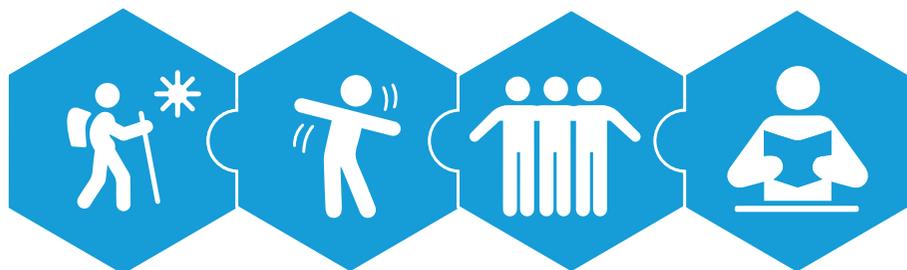
My specialisation and experience as an organisational psychologist (IOP) for the last 20+ years (and 14+ years as the managing director of the Arbinger Institute South Africa) should be of interest to people who feel stuck in their all-important relationships at work and home. As an IOP, I have been appointed in various corporate settings, focusing predominantly on individual, leadership, team, and organisational development.

Or find out more about what I/we do at the Arbinger Institute at www.arbinger.co.za or contact us at southafrica@arbinger.co.za

You can find out more about me on LinkedIn@ <https://www.linkedin.com/in/cobusp/>

COME AND EXPERIENCE HOW WE COMBINE

NATURE + ADVENTURE + MOVEMENT + HUMAN CONNECTEDNESS + LEARNING



Nature & Adventure: Scientific scrutiny and research has provided ample evidence for the effectiveness of outdoor adventures and supports the connection between common types of nature experiences and increased psychological well-being. It also reduces the risk factors associated with certain mental challenges. Scholars have suggested that outdoor adventures and learning are likely to have a positive impact on people in areas such as (1) self-concept and identity, (2) group affiliation and connectedness with others and self, (3) the acquisition of skills and competencies, (4) prosocial norms and behaviours, and (5) changes in outlook and attitude.

Movement: This triggers the neurotransmitters serotonin and endorphins, as well as a specific protein called BDNF (brain derived neurotrophic factor) which, in addition to protecting existing brain cells, promotes new, healthier brain cells, leading to improved brain function. This benefits our mental health in many ways, enhancing our ability to take in new information, and retain and recall that information, as well as our confidence to apply it. Movement has a positive effect on our mood and many studies have shown that people who exercise regularly experience fewer symptoms of anxiety and depression. Again, this is linked to the production of serotonin and endorphins, both of which make us feel good, but it is also linked to the release of the stress hormone, cortisol, which occurs when we move. And, of course, when we feel good, we are more likely to feel inclined to do things that involve movement. Ultimately, movement increases our resilience because of the benefits mentioned here. It can also help take our mind off our worries and help to promote a sense of well-being, making us feel both physically and emotionally stronger, and enabling us to 'handle' more in our lives.

Human connectedness: The human brain is extremely evolved for connection and relationships. You were never supposed to learn to be alone with your challenges. Needing emotional safety and support does not mean that something is wrong with you; it is a sign that something is deeply RIGHT with you.

Learning: Understand how a responsive way (heart at peace) and a resistant way (heart of war) influence well-being and how they relate to aspects such as heartache, frustration, stress, disappointment, mistreatment, anxiety, depression, and burnout. Our choices and distorted ways of thinking during this engagement affect the quality of our relationships and well-being. To address this, we will give you an opportunity to see the world and those around you in a new way.

On the day, we will share a practical framework with you for understanding how we perpetuate conflict by identifying the self-defeating cycle that invites more conflict and disconnection. This tool is applicable in all environments (home and work) and highlights the way conflict starts and how we sustain it. With this new knowledge you will be better equipped to take responsibility for your personal decisions and the impact they have on your life and the lives of others. The content applies equally to people from all cultures, professions and backgrounds and the programme is backed by a trusted international brand, which is rigorously logical and robust (supported by and grounded in 45 years of research).