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Performance Improvement Using the REST Methodology [1]

The purpose of the Performance Improvement Using the REST Methodology course is to help participants address the culture of busyness that pervades modern life and to learn how to Improve work performance and achieve goals without the exhaustion and burnout.

Program Level: Basic

Prerequisites: None

Advanced Preparation: N/A

Instructional Method: Group-Internet Based

Instructor: Laura Rochelle Ragin [2]

Recommended CPE Credit: 1.0 Hours

Field of Study: Personal Development

Course Objectives:

At the end of the course, participants will be able to:

- Describe strategies to prioritize rest and recovery in order to be “at the top of their game”
- Focus on setting achievable goals to assure a clear sense of direction and purpose
- Explain how techniques such as physical activity, healthy eating, hydration, breaks, and practicing mindfulness can help improve energy levels, mood, and performance

Program Policies [3]

NASBA Statement:

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Source URL:https://www.cu.edu/controller/cpe-cpas/course-catalog/performance-improvement-using-rest-

methodology

Links
[1] https://www.cu.edu/controller/cpe-cpas/course-catalog/performance-improvement-using-rest-methodology [2] https://www.cu.edu/controller/laura-rochelle-ragin-cpe-instructor
[3] https://www.cu.edu/controller/cpe-cpas-policies [4] http://www.learningmarket.org