

Workshops

Our aim is to keep your people working well. With that in mind we have created workshops that equip your staff to understand and care for their **mental health**, give them skills to maintain a high level of **wellbeing**, and learn how to **thrive** at work and in life. In each of these areas we offer a full day 101 training, along with additional half day workshops that can be selected to meet the specific needs of your people.

MENTAL HEALTH

Mental Health 101 (7hrs)

- demystifying mental illness
- the dynamics underpinning mental health
- understanding suicidality
- protective factors for mental health
- tools for helping those struggling

Understanding Self-Injury (3.5hrs)

- what self-injury is and is not
- dynamics behind self-injury
- how to handle disclosure well
- providing support

Anxiety Resilience (3.5hrs)

- a fresh look at anxiety
- drivers behind anxiety
- tools for creating resilience towards anxiety

Depression Resilience (3.5hrs)

- a fresh look at depression
- drivers behind depression
- tools for creating resilience towards depression

Workplace Support Personnel (7hrs)

- building trust
- supportive approach to helping
- four types of listening
- how to ask great questions
- a framework for supportive conversations
- caring for others without drowning

WELLBEING

Wellbeing 101 (7hrs)

- understanding wellbeing
- burnout-proof your life
- growing confidence
- understanding stress
- tools for growing resilience
- habits for maintaining wellbeing

Managing your Mind 1 (3.5hrs)

- the power of belief and perspective
- the way the mind works
- tools for growing mental resilience

Managing your Mind 2 (3.5hrs)

- common helpful mental habits
- tools for creating more helpful perspectives

Emotionally Strong 1 (3.5hrs)

- understanding emotional dynamics
- identifying hidden emotional drivers
- tools for regulating emotion and mastering your mood

Emotionally Strong 2 (3.5hrs)

- understanding troublesome emotions
- overview of anger, anxiety and depression
- tools for building greater emotional resilience

Overcoming the Imposter Syndrome (3.5hrs)

- you are not alone
- common beliefs that undermine
- tools for a confident mindset

THRIVING

Thriving 101 (7hrs)

- Finding and working from your sweet-spot
- Dreaming out-loud and attaining your goals
- Proactive habits for life
- Win/Win conversations

People Smart 1 (3.5hrs)

- understanding assertiveness
- four keys to conflict resolution
- courageous conversations

People Smart 2 (3.5hrs)

- key components to constructive communication
- communication that causes an organisation to flourish
- living the Losado ratio

Team Enhancement (3.5hrs)

- enhancing relational tendencies
- the power of mutual dependency
- harnessing team

Growth Mindset Organisation (3.5hrs)

- high purpose organisations
- clarify purpose from activity
- harnessing team around purpose

Workplace Coaches aka Manger as Coach (7hrs)

- building a great coaching relationship
- intentional versus drive-by coaching
- four types of listening
- how to ask great questions
- a framework for coaching conversations
- the importance of debrief and feedback

