

# Your Team, Your Choice

1

## Get Mindful About Wellbeing

This introduction to mindfulness explores the science and the practice behind the concept. It includes a range of engaging and interactive exercises that debunk the 'woo' and demonstrate how the implementation of mindfulness into your everyday routine can be massively beneficial.

2

## Get Stress-Comfortable

Learn how to work with your stress to bring calm and focus to your everyday life. In this compelling session, you'll get tooled up to recognise stress, in yourself, and also in other people. In addition, you'll discover how to use stress management tools that help you re-frame your perspective and stay in control whenever you feel your stress bucket overflowing.

3

## Bounce Forward

Understand and develop the resilience you need to bounce forward from life's challenges. In this life-affirming session, you'll master the 'power of positive'. Get forearmed to respond proactively to life's ups and downs, and transform your everyday life.

4

## Energise To Thrive

This invaluable session will empower you to use your natural energy rhythms to cope better during times of change, uncertainty and overwhelm. You'll learn to use the tools you've already got at your disposal – even if you aren't aware of them yet - to transform the most stressful situation in to smooth sailing.

5

## Communicate And Connect

In this winning session, you'll unleash the potency of effective communication. Healthy and productive dialogue in the workplace builds deeper connections. Learn how to use the power of connectivity to maximum advantage, as a powerhouse tool for supercharged workplace support.

6

## Workplace Mental Health Makeover

Discover the power of identifying and supporting mental health challenges in yourself and your team members. And pre-plan to cultivate a more open, more empathetic workplace culture, where conversations around mental health help to eradicate any negative stigma.

7

## Make Good Habits A Habit

Adapt, reinforce and reinvigorate your habits, in order to feel as energised and productive as possible every single day. At the end of this thought-provoking session, you'll leave those nasty habits at the door and walk away with healthier habits for a next level lifestyle!

8

## Strike The Ultimate Work-Life Balance

Exploring your work and your out-of-work values helps you to balance your priorities with the multiple different elements of your life. In this invaluable session, you'll draw on all your other learnings to create the perfect work, rest and play balance for you!

# Your Team, Your Choice

9

## Power Up Your Productivity

Take time out of your hectic schedule to address any time management challenges you're facing. This session will take you through game-changing mindfulness techniques to power your performance and eliminate procrastination, without allowing stress in.

10

## Stay Cool And Master Your Response

This session is about learning practical mindful techniques to create space between the trigger and the action. With mindful awareness, you'll soon be choosing an intentional response, rather than lashing out with an immediate reaction. It feels good to keep your cool, when everybody around you is losing theirs.

11

## Self-Knowledge is Power

Knowing your tendencies as a person can have a big impact on how you show up for yourself, your work and with those around you. In this session, you'll uncover different personality traits, how to recognise yours, and how to work them for optimum wellbeing.

12

## Knowing Your Why

Defining your values gives clarity. And, with clarity, you're better placed to follow your infinite path. This powerful session will guide you through pinpointing and understanding your core values, on a personal and a professional level. Once you've nailed them, you'll learn how to build them in to a design for life – your best life.

13

## Banish Burnout

This inspiring session takes a deep dive in to what causes burnout, what burnout looks like, and how to recognise it in yourself and others. Plus, you'll gain an understanding of how to tailor your sleep, self-care and many other factors and habits that contribute to burnout.

14

## Managing Menopause Mindfully

With 72.5% of UK women aged 16-64 in employment in May 2022 and the average age of menopause at 51, it's unsurprising that menopause awareness in the workplace is on the rise! This session will talk you through managing menopause in the workplace, understanding it's impact on both women and men, and using mindful techniques to help control its symptoms.

15

## Sleep Yourself Healthy

This session is wildly popular, whether you've suffered with sleep issues personally or not. It explains how your mood, your productivity and your overall health can benefit from quality sleep, or suffer at the opposite end of the spectrum. Learn valuable sleep hacks, like discovering your sleep cycle and managing a busy mind.

16

## Level Up Your Leadership Skills

Leading with awareness builds loyal, motivated, productive teams. This leading-edge session helps you to identify ways to manage your people with confidence. Plus, you'll fine hone some of the more challenging leadership skills, such as delegating and handling conflict.