

Boost employee wellbeing with our Spring Package

# SURVIVING TO THRIVING!

## WELLBEING WORKSHOP SPRING PACKAGE INCLUDES:

- Worksheets for all attendees
- 90 minute 'Surviving to Thriving' Workshop
- Nutritious & delicious Catroux catered lunch + drinks
- Post workshop employee survey & analysis



## WORKSHOP FORMAT

### PART 1:

#### The brain during times of change, stress and uncertainty

- Safety/Danger model – how change, stress and uncertainty create danger in the brain and how we can create a sense of psychological safety

#### 5 Secrets of the Mind

- Negativity bias - Auto-predict - Autopilot - Sticky negatives - Multi-tasking

### PART 2:

#### Our plastic brains

- Neuroplasticity - the brain's ability to adapt to our environment
- 'Fight or Flight' - leading to weakened resilience
- How to rewire our brains in just a few weeks
- Positive neurophysiology to put stress at bay

### PART 3:

#### 3 evidence-based happiness practices

Attitudes and habits we can cultivate in daily life that will enhance our personal wellbeing

- The power of social connection
- Compassion + kindness
- Gratitude

## Package Cost \$2,500\* + gst

\*Cost based on up to 25 attendees. Total workshop length is 90 minutes. Workshops delivered at your Auckland workplace. Our workshops embrace a culture of inclusion. Package available from 15th August to 30th November 2020.

For bookings email: [hello@wellbeingworkshop.co.nz](mailto:hello@wellbeingworkshop.co.nz)



Wellbeing Workshop