



Thrive

Half-day workshop for teams

“Resilience is built through the everyday, every minute habits and exercises that punctuate our daily lives.” - Professor Lynda Gratton, London Business School

As the opening quote suggests, resilience is something we build rather than something we're naturally born with. In order to thrive, we need to actively work on our wellbeing regularly. Most of us are familiar with some of the behaviours that help us to thrive but, as life gets busy and demanding, we often fail to prioritise those resilience practices that help us the most.

The impact of overlooking our resilience is failure to thrive – we experience greater stress and less satisfaction with life. In our workplaces, the impacts include coping less effectively with challenges, lower engagement, poorer relationships with colleagues, and less productivity.

ABOUT THE TRAINING:

Umbrella's *Thrive* training focuses on resilience tools for individuals and teams which support them to thrive both at work and in their personal lives. This workshop focuses on two of the core, evidence-based building blocks of resilience that many of us struggle most with: building sustainable habits and emotional agility. Creating lasting habits is essential for both mental and physical health, while emotional agility equips people with skills to successfully manage challenging emotions, including stress and frustration.

Participants will leave with a greater understanding of what it takes to thrive, the barriers that get in their way, and a range of practical skills to put into action immediately.

WORKSHOP OBJECTIVES:

1. Understand and measure your own resilience.
2. Gain knowledge on stress and how to spot signs.
3. Identify practical resilience skills to help you to thrive.
4. Learn how to build habits which will last.
5. Understand how emotions work, and how to work with them, rather than against them.
6. Develop a personal action plan.

Umbrella has worked in collaboration with a wide range of organisations delivering resilience training to thousands of employees. The workshops are facilitated by Umbrella's experienced psychologists who hold a high level of expertise in mental health and wellbeing. Helping people and organisations to thrive is our passion.

“Really got a lot out of this course. Been on a resilience workshop before but enjoyed this more.”

“Fantastic course and expertly facilitated. Will recommend to others.”

Half-day (4 hours) - Up to 12 people - Investment \$4250 (+GST)
Includes Wellbeing Pulse. These are interactive, facilitated workshops delivered online or in-person.

FOR MORE INFORMATION OR REFEREE DETAILS, CONTACT:

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