WELLBEING

FEED YOUR MIND
If you can take care of your body with good habits, what about your mind? Learn the basics of mental wellbeing in our most popular session.

MASTER YOUR MOODS
Managing moods & emotions proactively to improve your concentration and wellbeing.

KEEP CALM
How to handle fear and anger, maintaining a calm mindset and avoiding worry and rage.

BE HAPPY
Learn what really makes you happy, and start pursuing the things you want in life.

KNOW YOURSELF
Your personality traits can help you discover your needs, and relate better to others.

CHANGE YOUR HABITS
If you don’t like your mind, change it! Practice new habits to retrain your mind.

RESILIENCE

HANDLE PRESSURE
How pressure affects our minds; how to reduce stress, and coping well with pressure.

BE RESILIENT
Coping with setbacks, learning from adversity and dealing well with loss and change.

UNDERSTAND MENTAL HEALTH
Mental (ill)health awareness, spotting signs and symptoms, and helping people recover.

COLLABORATION

INFLUENCE PEOPLE
We influence each other all the time, so learn how to be more persuasive, get your way and be a positive influence.

WORK COLLABORATIVELY
Learn to communicate clearly, share your ideas, work better with others and build smart, high-performing teams.

SUPPORT PEOPLE
Compassion comes naturally, so put it to work by learning how to help people through stress, struggles and ill-health.

PERFORMANCE

GET MOTIVATED
Find your state of flow by learning the three ingredients of sustained motivation.

BE PRODUCTIVE
Productivity means working smarter, not harder, so find out how to apply your mind.

TRAIN YOUR MIND
Our minds adapt and develop, so learn how to improve your memory and build new skills.

MAKE SMARTER DECISIONS
Avoid unconscious bias and learn to think clearly to make fair, consistent decisions.

THINK CREATIVELY
Creativity can be learned, so find out how to come up with ideas and be more innovative.

BOOKLETS TO TAKE AWAY
All our sessions are accompanied by full-colour booklets recapping all the key points of the session.

FANCY A COMBO?
Combine any two topics into a fast-paced half-day workshop, perfect for team away days, offsites and team-building sessions.