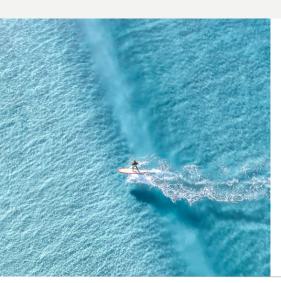
## **In Bloom Project**







## Workshops

## For Managers & Wellbeing Ambassadors

These sessions are meant for smaller groups and are capped at 25 participants.

They offer science-backed strategies and models, and allow participants to practice the skills to achieve deeper learning.

Exercises are conducted in pairs, small groups and as a collective.

Workshops are 2.5 hours (can be adapted to 2 or 3 hours).

Pricing: \$2,000+GST

## Topics we deliver workshops on

- **1 Managing Team Health**
- 2 Mental Health Awareness for Managers
- 3 Productivity: Principles & Habits
- 4 WFH: Well From Home Workshop
- **5** Stress Resilience
- 6 Balancing Performance and Wellbeing
- 7 Giving Feedback & leading Difficult Conversations
- 8 Empathy Mapping
- 9 Leading with Emotional Intelligence
- 10 Work/Life impact Workshop
- 11 Change Management Principles
- 12 GSD principles for teams
- 13 Deep Work Principles
- 14 Productivity and Organisation
- 15 Productivity and Execution
- 16 Team Health monitor
- 17 Wellbeing Principles for New Employees
- 18 Running effective meetings
- 19 Structuring team learning
- 20 Team connectedness and bonding
- 21 My user manual & My wellbeing protocol
- 22 Self coaching principles
- 23 Habits for health and personal growth
- 24 Introto Mindfulness & Meditation
- 25 Maintaining a Culture of Wellbeing



