

In Bloom Project

We help companies capitalise on their #1 asset, their people.
We do this by improving the wellbeing of individuals, teams, and leaders.



IN GOOD HEALTH
IN GOOD HANDS



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 **Intro to Mindfulness & Meditation**
- 25 **Maintaining a Culture of Wellbeing**



Open to a conversation about a workshop
we could run for you?

Speak with us!

