

POST COVID

WHOLEME WELLNESS RESET

Supporting your team's
wellbeing post Covid, as we
transition to a new way of
working and living

Rise &
Shine

MIND
BRIGHT

WHOLEME WELLNESS RESET

THE FUTURE OF HEALTH IS TAKING A
HOLISTIC APPROACH -
RECOGNISING ALL FOUR
ASPECTS OF WELLNESS: MENTAL,
EMOTIONAL, PHYSICAL AND
INTERNAL DRIVERS.

OUR PROGRAMME

OBJECTIVE

Creating and prioritising a culture of wellbeing is more important than ever. Give your team science-based tools to:

- / Maximise productivity, minimise distraction
- / Keep their stress levels in check
- / Respond effectively to emotions
- / Take a self leadership approach

HOW IT WORKS

WholeME Wellness RESET is a workplace programme made up of four, one hour modules, taken in teams to encourage accountability, teamwork and create a sense of connection and trust during this uncertain time.

OUR APPROACH

The future of health is taking a holistic view. We need to consider the individual as a whole for optimal health - recognising all four aspects of wellness: mental, emotional, physical and internal drivers. As with any ecosystem, each part is interdependent and relies on the health of the others in order to truly thrive.

MINI MODULE OUTLINE

WORKSHOP 1 [INTERNAL DRIVERS]

Resetting our wellness by taking a whole-person, self leadership approach

After a stressful, uncertain time filled with change, it's more important now than ever that we have a clear plan to look after all aspects of our wellness.. A person might go to the gym, eat well and look healthy from the outside, yet inside be experiencing anxiety, fatigue and health issues. Research now shows when we take a whole-person, integrated approach we can achieve internal and external balance. We'll explore how taking into account our physical, mental, emotional and internal drivers, we can create a lifestyle that renews all aspects, boosting our resilience to life stressors and enhancing our productivity, health and happiness.

WORKSHOP 2 [MENTAL]

Minimise distraction, maximise performance

Our attention is constantly being hijacked. With the move to working from home, flexible work arrangements, the constant stream of news, unusual challenges, the nature of open-plan offices and constant multi-device digital connection, we need strategies to keep on task and achieve our goals. Research shows it takes us up to 25 minutes to refocus after a distraction, which means we're not being efficient with our time in an already time-poor era. In this workshop we'll explore strategies for designing our workday to work with the brain's wiring to minimise distractions and increase our focus and productivity, whether at home or in the office.

WORKSHOP 3 [EMOTIONAL]

Understanding, accepting and processing emotions

A lot of us are experiencing big, uncomfortable emotions during this time of change and uncertainty. Emotions flow through our body all the time, triggering our thoughts and behaviour. So shouldn't we be learning about feelings on par with academic topics? With us operating on autopilot around 55% of the day, many of us have lost the ability to tune into our emotional state. Emotions are information, not problems. In this module, we discuss common triggers right now, and practical techniques to help you better manage your emotions throughout the day for a more positive flow-on effect for both our work and home lives.

WORKSHOP 4 [PHYSICAL]

The science of stress – the mind body connection

Despite the highest levels of wealth and access to information in history, research shows we are more stressed than ever, especially after recent world events. We'll explore why this is and look at what we can control when a lot of it is outside of our circle of influence. We also look at the science of stress in the context of the 21st Century, the mind-body connection, where stress comes from, what's happening physically when we are in the stress response and most importantly, how neuroscience tells us we can rewire our brain in eight weeks to be calmer.

MEET YOUR FACILITATORS



JO VAN DER WALLE

Jo is an accredited coach with a background in instructional design, HR and learning and development. With over eight years' experience in developing, designing and facilitating workshops for some of New Zealand's leading organisations, Jo works with employees, leadership teams and also keynote speaks at large industry events. She has a special interest in self-leadership, wellness, self/social awareness and positive psychology.



KRISTY VON MINDEN

Kristy is an accredited Mindfulness teacher with a special interest in Neuroscience. An experienced facilitator and keynote speaker, Kristy speaks at events and works with some of New Zealand's biggest businesses, supporting them with their wellness programmes to reduce stress in order to enhance health, happiness, productivity and creativity. Before moving into the wellness industry, Kristy spent 15 years in corporate communications managing a large team, so intimately understands the stressors and pressures of the modern workplace, both from a management and from an employee perspective.

INVESTMENT

OPTION 1 ZOOM PACKAGE

- Live experiential ZOOM Workshop
- Up to 20 participants
- Pre and Post workshop worksheets and additional resources
- One workshop per team, per month

WholeME Wellness Reset Package

\$2250 + GST

OPTION 2 WORKPLACE PACKAGE

- Experiential event hosted onsite (or offsite for an additional fee)
- Up to 20 participants
- Pre and Post workshop worksheets and additional resources
- One workshop per team, per month

WholeME Wellness Reset Package

\$3100 + GST

Some of the forward-thinking, leading brands we've worked with:

