

# Sample Group Workshop Series – Thrive at Work

An interactive workshop series by Thrive at Work, offering strategies to help your employees to maintain their energy, focus, emotional balance and productivity throughout their working day.



- A series of 5 online or live presence weekly workshops
- 60-min or 90-minute session format available
- Material suitable for those working remotely or in the office

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## WEEK ONE: HABIT HACKS FOR A HEALTHIER WORKDAY

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We all know the importance of building healthy habits, but sometimes we struggle to turn our good intentions into action, especially when we have so much to do.

By getting some understanding of how the brain works to make and break your habits, you can use some easy but effective habit hacks to build powerful healthy micro-habits into your workday.

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## WEEK TWO: HARNESS POSITIVE STRESS, CONTROL NEGATIVE STRESS

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Having a good understanding of how stress and anxiety affects your brain and body, both negatively and positively, and reflecting on your own personal response to stressful circumstances can help you to gain some control.

This workshop will introduce some simple, practical techniques that you can use to calm and rebalance your body and mind, helping you to regroup, refocus and recharge during your working day or to help you switch off at night.



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## WEEK THREE: USING EMOTIONAL INTELLIGENCE TO ENHANCE YOUR HEALTH AND HAPPINESS

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People who prize trust, empathy and kindness in their interactions with their colleagues help nurture a thriving, positive team culture. An emotionally intelligent approach to work relationships is proven to have a strong positive influence on mental wellbeing, productivity and stress resilience and makes a huge impact on performance and work satisfaction.

This interactive session offers the chance to experiment with your communication style so you can speak from the heart and turbo-charge the power of your conversations

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## WEEK FOUR: MAINTAINING YOUR FOCUS IN A WORLD CALLING FOR YOUR ATTENTION

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The modern world brings us more and more distractions and it can be challenging to stay focused, productive and calm at times when everything and everyone is calling for your attention.

This session offers real-world solutions to integrate into your workday routine to help you reclaim your focus, control your attention and as a result, minimise stress and overwhelm.



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## WEEK FIVE: ENERGY REBOOT EXPERIENCE

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This no-sweat office workout is designed to maximise your energy and focus as well as boost your mood. This 100% practical session is suitable for everyone, will wake up your brain and body and offer you physical strategies that you can take away and use to help create an energetic, stress-busting workday experience. All you need is a small space and a chair. This is your chance to challenge the belief that only a 'no pain, no gain' approach works when it comes to creating a post-workout buzz.