

ONLINE WORKSHOPS TO SUPPORT EMPLOYEE WELLBEING DURING THE COVID-19 PANDEMIC

LED BY LUCY GRIFFITH

WWW.THRIVEATWORK.EU

The logo for Thrive at Work, featuring the word "thrive" in a white, lowercase, sans-serif font above the words "ATWORK" in a smaller, white, uppercase, sans-serif font. The text is centered within a dark teal circle that has a lighter teal glow around it.

thrive
ATWORK



SUPPORTING YOUR EMPLOYEES AS THEY NAVIGATE CHALLENGING TIMES

A series of practical, interactive online workshops, aimed at employees working remotely during the Covid-19 crisis and beyond.

In these sessions, we investigate simple real-world strategies to help maintain their physical and mental health as they navigate the challenges of this global pandemic.

FLEXIBLE OPTIONS:

- **INTERACTIVE GROUP SESSIONS DELIVERED LIVE VIA YOUR PREFERRED WEB PLATFORM**
- **60 MIN / 90 MIN FORMATS**
- **FLEXIBLE OPTIONS FOR A RANGE OF GROUP SIZES**
- **PICK THE TOPICS THAT ARE MOST RELEVANT TO YOUR EMPLOYEES**
- **OPTION TO SELECT A RANGE OF WORKSHOPS TO CREATE A FULL PROGRAMME**



THE CRISIS ONE YEAR IN: **NEW** POINTS OF FOCUS

TINY IS MIGHTY

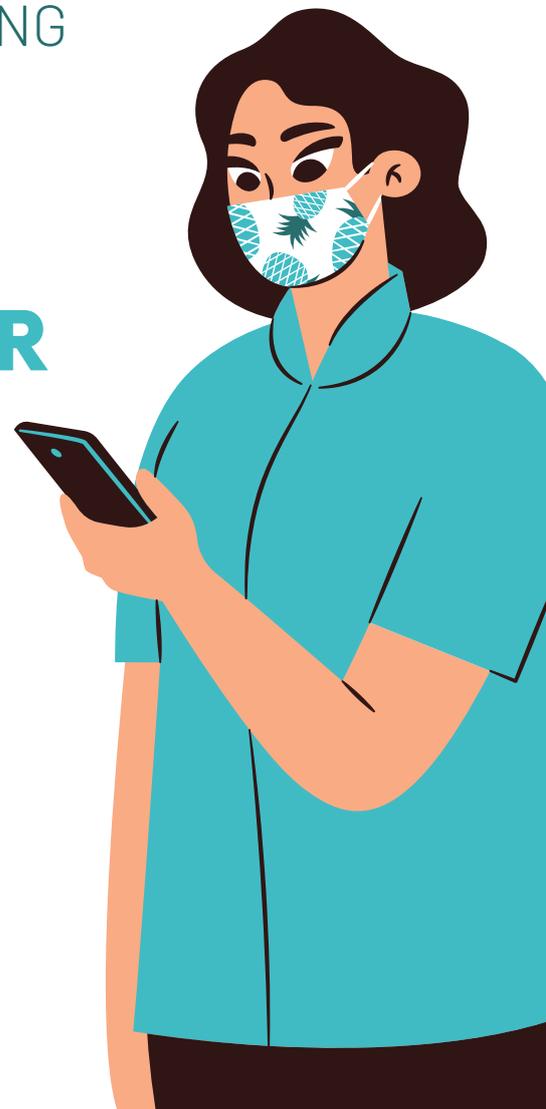
CREATING LOW EFFORT MICRO-HABITS THAT HAVE HIGH IMPACT IN HELPING EMPLOYEES CREATE STRUCTURE AND BALANCE IN THEIR DAY, ENSURING TIME FOR REST AND RECOVERY.

REALISTIC EXPECTATIONS

ACKNOWLEDGING THAT WE'RE ALL DOING THE BEST WE CAN IN DIFFICULT CIRCUMSTANCES.

WE'RE IN THIS TOGETHER

HARNESSING THE POWER OF THE TEAM – HELPING EMPLOYEES TO SUPPORT EACH OTHER EFFECTIVELY THROUGH DIFFICULT TIMES.





WORKSHOP MENU:

- FINDING CALM DURING CHALLENGING TIMES
- WHERE DID ALL THE TIME GO?
- STAYING PHYSICALLY & MENTALLY SMART
- REBALANCE, RECHARGE, REBOOT
- WE'RE IN THIS TOGETHER
- THE POWER OF SMALL HABITS



LIVING THROUGH A PANDEMIC: COPING WITH STRESS

“Giving yourself permission to feel it’s OK to not feel OK, paradoxically, can make you more OK.”



OLIVER ROBINSON - THE INSTITUTE OF
COGNITIVE NEUROSCIENCE



WORKSHOP ONE

FINDING CALM DURING CHALLENGING TIMES



Stress can show up in different ways for different people. Some struggle to sleep, others find it hard to make decisions or become forgetful. Some may feel a physical response such as headaches or changes in appetite. Others might find themselves losing their temper more readily or feeling tired and listless. All these reactions are a normal response to living through these challenging times. If you've noticed that you're not feeling or behaving in your 'usual' way recently - you're certainly not alone. This is just a sign that you're a fully emotionally functioning person.

This session explains what happens in your brain and body when you feel worried or threatened. It offers scientifically-proven techniques that you can use to help calm yourself down so that you can think straight. You'll be given the chance to take stock of what you can and can't control within your current situation and focus on healthy coping mechanisms to get you through the difficult days.



WORKING FROM HOME: KEEPING STRUCTURE AND BALANCE IN YOUR LIFE

"The lines between life
and work have never
been so blurry."

KRYSTIN ARNESONG - JOURNALIST



WORKSHOP TWO

WHERE DID ALL THE TIME GO?

The sheer volume of processes in a modern working day can sometimes feel overwhelming and your brain may feel frazzled by trying to juggle it all, forcing you to seek ways to maximise your precious time.

When your home becomes your office and technology has the potential to keep you 'always online', the boundary between work and leisure hours can become blurred. In this session we consider real-world strategies to help you take back control of your time, opening up space to prioritise your mental and physical health.



STAYING HEALTHY & POSITIVE: BOOSTING RESILIENCE

"There are only
so
many good
ideas you
can have sitting
in a chair."



REBECCA SOLNIET - WRITER



WORKSHOP THREE

STAYING PHYSICALLY AND MENTALLY SMART

You may not consider the importance of your physical intelligence at work if you spend most of your day behind your desk, but the way you sit, stand, walk, move and even breathe can make-or-break your brain power, energy and emotional balance.

This session offers simple strategies to harness the power of your physical intelligence so that you can bring your sharpest and healthiest self to work. Staying physically as well as mentally smart will increase your resilience to the stressors associated with living and working through a global pandemic.



PANDEMIC TIMES: BALANCING CHALLENGE WITH REST

"Rest isn't work's
competitor. It's work's
partner."

ALEX SOOJUNG-KIM PANG - AUTHOR



WORKSHOP FOUR

REBALANCE, RECHARGE, REBOOT

Making time for recovery between challenges has always been crucial to manage your stress levels, maintain your emotional balance and get good work done. During these stressful pandemic times it becomes even more vital.

This session highlights the impactful benefits that good quality rest and sleep have on your ability to work effectively and deal with challenges.

Avoid workday health risks and energy-dips by balancing energy-depleting activities with those that recharge and refresh you and learn techniques to help you switch off at the end of a busy day.



KEEPING THE HUMAN CONNECTION DURING COVID-19



“This is the first crisis in living memory in which we are all experiencing something together. We have the space to practise true empathy.”



EMILY KASRIEL - JOURNALIST



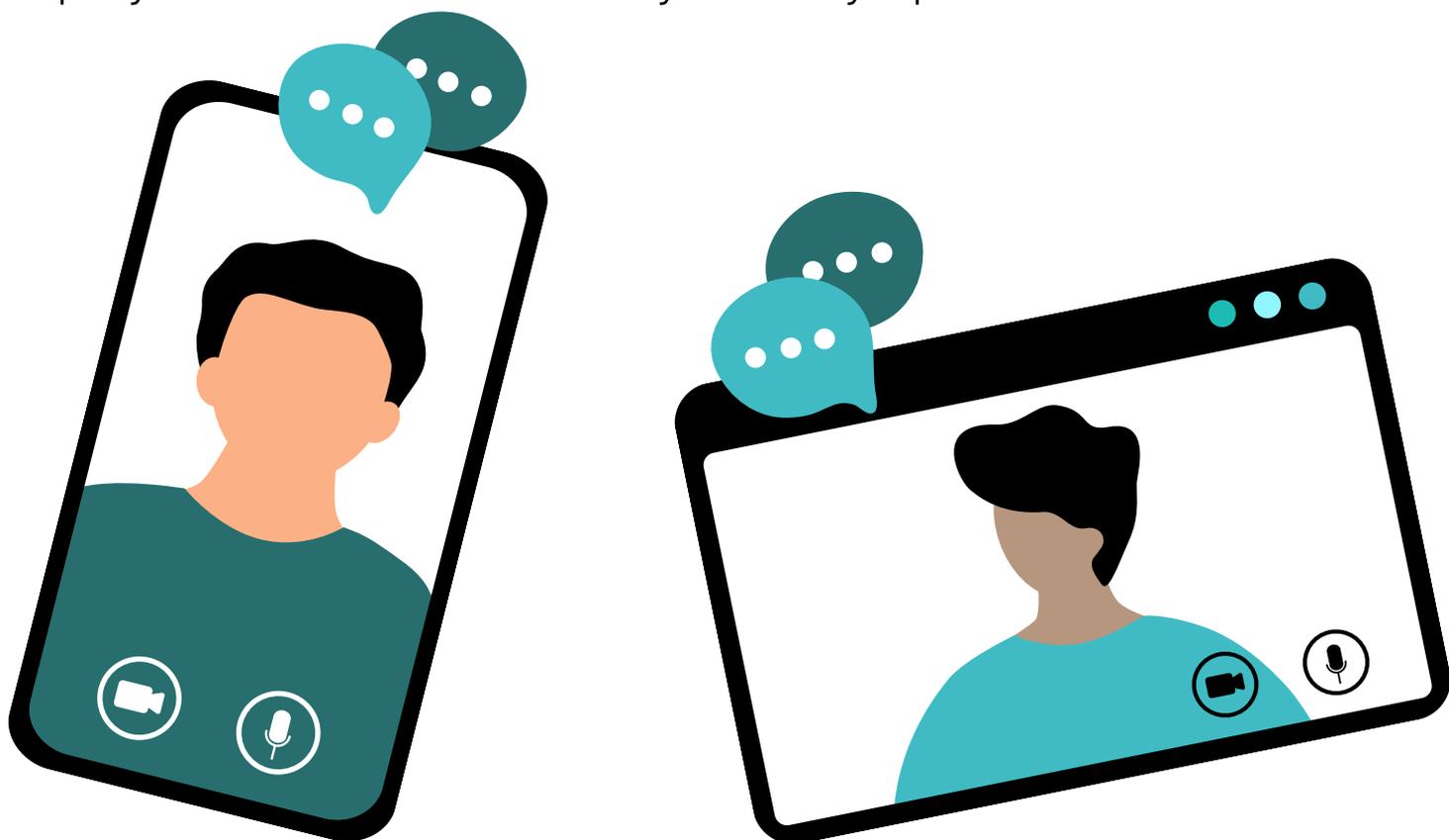
WORKSHOP FIVE

WE'RE IN THIS TOGETHER

Never before has listening been so important in order to bring our human, authentic selves to work and support each other through these challenging times. Yet communication has changed as a result of social distancing.

This leads to the question - how do you foster a feeling of trust and togetherness within your work team when you're working remotely?

This session considers what face-to-face contact means to us as humans and offers hacks and strategies to employ when the webcam is your only option.



TINY CHANGES, BIG BENEFITS DURING COVID-19 TIMES

"Tiny habits: the small changes that change everything."

BJ FOGG - STANFORD PROFESSOR



WORKSHOP SIX

THE POWER OF SMALL HABITS

Due to the difficulties of these times, you may find that you have limited mental bandwidth or energy available to make changes in your life right now. Good news - this session offers you the tools to create easy, sustainable and positive habits without having to do difficult or time-consuming things, or relying on strong willpower.

A few carefully-designed small habits placed at key points throughout your workday can offer a powerful boost to your health, confidence, productivity and ability to cope with the challenges of living and working through a global pandemic.



THE PHILOSOPHY BEHIND THESE WORKSHOPS:

BUILDING SUSTAINABLE HABITS



Let's face it – change is tough if you don't apply the right methods. That's why I teach participants how their brains make and break habits. They get to understand the essential components required to build a sustainable habit. This gives them an easy way of turning good intentions into real actions and cultivate behaviour that sticks.



PHYSICAL, MEMORABLE, FUN

My workshops are active and lively – participants get up on their feet, experimenting, experiencing and sharing ideas so that their learning becomes memorable rather than a forgettable exercise in passive listening.



HELPING YOU TURN TALK INTO WALK

I believe that a company's wellbeing programme should be a reflection of its core values. I can create workshop content that is tailor-made to underpin the positive work culture messages that you prize as a company.



INDIVIDUALS MATTER

Humans are unique and complex. What excites one may leave another cold. A one-size-fits-all approach to wellbeing fails to impact many of the people who could most benefit from it. That's why I focus on the individual participants' needs and offer them tools to unlock solutions which best fit with their personal situation.



REAL WORLD THINKING, BACKED BY SCIENCE

Modern life is busy enough. That's why I offer simple, manageable strategies. Participants experiment with their own working day habits rather than adding to their already full to-do lists with daunting tasks. All workshop content is grounded in scientific fact and backed by research.

ABOUT THE PRESENTER:

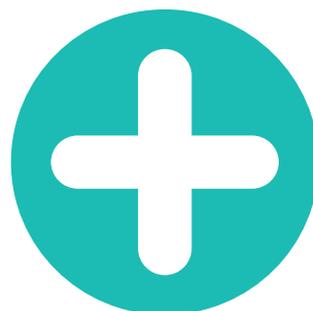
Lucy Griffith has more than 20 years' experience working in the health and wellbeing industry and 17 years' experience within the corporate health sector, successfully managing and developing in-house health and fitness programmes for global companies. She was born and raised in the UK and has been based in the Netherlands since 2003.

She formed Thrive at Work in 2014 with a mission to bring a fresh and positive approach to wellbeing in the workplace. In creating her workshops and programmes, she has carved out her own unique methods, weaving elements from the diverse techniques she has refined in her past work as a teacher, dancer, fitness trainer, yoga teacher and wellness coach. She always aims to communicate with authenticity, clarity and warmth.



“Trust is earned...
through paying
attention,
listening, and
gestures of
genuine care and
connection.”

BRENE BROWN - RESEARCH
PROFESSOR & AUTHOR



FOR FURTHER INFO, OPTIONS, PRICING CONTACT ME:

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