



## Workplace Mental Wellness Webinars

1. **\*NEW-Optimization of Self-Care-** This interactive workshop will educate and guide your team(s) through a combination of office yoga (combination of Kemetic & Yin-yoga) to improve your focus, relax your nerves, and inspire you to find ways to optimize your self-care within your workplace setting(s).
2. **\*NEW -Coping and Striving in Uncertain Times-**This interactive workshop was created due to the high demand. It offers three (3) evidence-based practices which reduce the negative health impact of stress on the body. It also offers strategies which help to stabilize the core hierarchy of needs during a crisis leaving participants more aware of how they can remain productive, focused and engaged in life.
3. **\*NEW -Staying Afloat After the Wave of Crisis-** Corporations from all sectors are starting to realize that they need to equip themselves differently. We need to prepare for the calm after the storm. When the waves of uncertainty calms down, we then can see the emotional damage which remains beneath the surface. This webinar will offer your team(s) practical & strategic tips for supporting teams for any future transitions.
4. **\*NEW- Emotional Freedom Techniques, Trauma & Workplaces-** The psychological and physiological impact of an event is a subjective experience. Research constantly finds new discoveries regarding how trauma remains in our body through generations, impacting our functionality and mental health. Considering the impact trauma can have on our work productivity and emotional flexibility to maintain team moral it is essential that leaders, managers and employees learn how they can manage symptoms of trauma. This workshop will offer current information regarding trauma and unique ways to tap into ourselves to best manage various life experiences.
5. **\*NEW- Inclusiveness, Anti-Stigma and Wellness-** In this webinar we will go on a journey together to explore how self-care, stigma and inclusivity relate and impact each other. This webinar will offer teams tools to best manage and shift common generalizations surrounding mental health & wellness with the objective of enhancing team moral, compassion and reduced feelings of burn-out.



6. **\*NEW- Invasion of Digital Distraction and Our Mental Health-** This webinar focuses on an in-depth view of how the use of our multiple gadgets can impact our mental & emotional wellness. It moves beyond how it can impact our sleep and demonstrates how it impacts our self-concept, creativity, authentic connections all essential for a healthy life-work balance.
7. **\*NEW- Accepting & Managing Change: An Approach To Unpredictability-** We are all navigating unusual and evolving challenges. When managed ineffectively it can impact our mental and physical health and that of our loved ones. It's impacting the way we conduct work and show up in life in general. In this webinar we will pause to explore how we are all responding in our distinctive ways, which may at times conflict with how our family members or colleagues deal with the same circumstances.
8. **\*SIGNATURE WORKSHOP- Tired of Feeling Tired: The Truth About Quality Sleep-** In today's fast pace life you may have convinced yourself that the need for sleep is over-rated and unnecessary. After the unique facts shared during this workshop it will leave the person motivated to alter their lives & to implement at least of the various tips offered during the workshop.
9. **\* SIGNATURE WORKSHOP- Peel to Heal: MentAbility in the Workplace-** is an interactive experience for building capacity for both employers and employees. The focus is to bring relevant evidence-base information regarding mental health problems in the workplace while offering self-care strategies which can be implemented within their workplace setting and/or at home.
10. **\*SIGNATURE WORKSHOP- Connect Four: Customizable Self-Care for All** is an interactive and highly engaging capacity building workshop for both employers and employees. The focus is to bring relevant evidence-base information regarding self-care within the workplace and/or at home. This workshop will be focusing on four (4) different approaches to self-care. Ensuring you leave understanding how you can nurture your wellbeing at home and within the workplace.



11. **Emotionally Tune-In & Mentally Tune-Out-** Supporting someone living with mental health concerns can leave you feeling uncertain at times. This workshop will provide essential components for effectively supporting someone (family member and/or employee) with a mental health problem. Learning how to tune-into our needs and how to mindfully tune-out with compassion is essential to the prevention of burnout and/or compassion fatigue.
12. **Breathe for More Ease-** a practical and diverse workshop which not only creates a platform to learn different breath forms, but your teams will learn when and how to implement them; providing an opportunity to build one's self-care tool kit. The breath is something we always have with us and knowing how we can use it to advance our emotional wellbeing both at home and the workplace is essential.
13. **Sorting the Pieces: Practical Ways the Busy Professional Parent Can Manage Stress & Anxiety-** This interactive workshop will focus how we can apply various strategies within the workplace and working at home. We will explore the physical & psychological benefits of various strategies. We will create a plan regarding how we can practice aspects from energy psychology, emotional intelligence and cognitive behaviour therapy.
14. **Recipes for Life: The Dance Between Eating and Our Emotions:** This workshop will invite you to consider the food-mood connection. We will learn how what you eat can change how you feel and the reverse; how you feel can impact what you crave to eat. Greater control of your moods and energy levels is possible through exploring the links between food/ "diet", nutrition, emotional & mental health.
15. **Indecision, Self-Sabotage to Clarity-** This workshop explores procrastination and how it relates to our emotional well-being. It will offer the opportunity to explore how we can shift our procrastinating tendencies and dives deeper into understanding how self-compassion improves our personal responsibility. Specific strategies to move away from self-sabotage behaviors will be offered resulting to enhanced productivity and happiness.
16. **Time Keeps on Slipping-** This workshop focuses on the differences of mindfulness and various forms of meditating. In the chaos of our minds learning how to apply these strategies could result in better productivity and workplace moral.



**17. Change Your Relationship with Anxiety Through the Practice of Yoga (Part 1 of 2)**

This two-part series will gently expose you to a new way of not only practicing yoga within your workplace, but how to embrace your anxiety. In this rapid moving society, it is easy to find yourself feeling overwhelmed. The mind is constantly racing and this can lead to frustration, exhaustion, and a lack of productivity. Gaining a deeper understanding about anxiety and learning how you can practice yoga "off the mat" is a powerful thing; expand your mind and bend into a new reality.

**18. Change Your Relationship with Anxiety Through the Practice of Yoga (Part 2 of 2)**

In part two of this two-part series (part one is not mandatory only advised), we will engage in more experiential learning. Through careful guidance, participants will learn to apply the principles of yoga when "off the mat" to shift their understanding of anxiety. Join us in order to deepen your body awareness, expand your mind and help create a reality for yourself that is based on wellness!

**19. Achieving Day to Day Mindfulness: Patience, Productivity and Polite Conversations**

This workshop explores the key elements of mindfulness and creatively takes you on a journey to explore how it can increase your patience, assist in your productivity and help you when having crucial conversations.

**20. Forgive: Your Mind & Body will Thank You-** Let us explore this sensitive topic of forgiveness and learn how to reposition yourself in the forgiveness process for an improved work-life balance, happiness, inner peace and better health.

***\*\*\*All webinars are customized to meet the needs of your team(s). They can be tailored to be offered within 1-2 hours. Shorter versions available.***

***\*\*\* Webinars can be pre-recorded into educational module/packages for your teams to view on their own schedule.***

**Contact to review option(s) best for your team(s) [here](#) or [email us](#).**