



APPLIED HEALTH AND WELLNESS WORKSHOP FOR BUSINESS

OBJECTIVES

COVID-19 has created unprecedented uncertainty in our economic environment causing stress, anxiety and gaps in productivity in many businesses. This advisory session is designed to help business owners and managers understand the mind and body effects of stress and apply practical stress-management and prevention strategies for them and their team to build resilience during challenging times.

By the end of this advisory session, participants will:

- Develop meta-cognition as we explore what causes stress and how it affects the body
- Recognise symptoms of stress and anxiety and explain how these symptoms affect their workplace
- Examine the power of mindset and reframe these to renew innovative thinking and problem-solving
- Recognise breakdowns of workplace communication
- Utilise stress-management strategies to increase communication effectiveness and productivity
- Apply strategies for managing and reducing stress and anxiety, communicating effectively in the new environment, tracking changes towards new goals.
- Business owners will be more empowered to take effective action under the new paradigm in practical and applied ways leading to progress and renewed certainty.

Typically structured as an initial workshop with follow up coaching as required.

Contact Hannah at hfitzgibbon.nz@gmail.com or by calling 0279780972 to discuss a workshop.