

Resilience & Well-Being

OVERVIEW

These workshops are designed to help employees understand the stress process, and where they can actively influence it to promote better personal outcomes. Participants will learn resilience skills that will help them cope better with personal and workplace challenges.

LEARNING OBJECTIVES:

- Understand the **3-ways to actively impact well-being**
- Recognize the **importance of mindset** and how to foster a positive outlook
- Know **how to effectively restore personal energy**

PARTICIPANTS WILL FINISH WITH:

- Personal action strategies to manage demands
- Mindset hacks to foster positive focus
- A personal well-being plan full of adaptive strategies

ABOUT KATE SNOWISE

Kate is a Psychologist turned Executive Coach. She completed her registration as a General Psychologist in New Zealand in 2010 and she is now a Registered Professional Coach with the Association of Coaching and bound by their International Code of Ethics.

She has spent the last 15 years immersed in both the professional and personal study of what makes us happy, thriving humans. Originally drawn to psychology to better understand psychological stress, Kate did her research on the relationships between emotional intelligence, stress and well-being in the workplace.

Kate started her private consultancy in 2015 to provide Executive Coaching services and lead Corporate Workshops in the areas of Well-Being and Meaning & Purpose at Work. Her focus is always on delivering highly practical, research-based techniques that are easy to apply, yet can make a significant difference in her clients' lives

Kate is the creator and host of 5-star rated *Here to Thrive* podcast which has more than 750,000 downloads to date. Her work and thoughts are featured on Fast Company, Forbes, Thrive Global & The Huffington Post.





Program Components

Resilience Workshops consist of 4 modules that can be delivered in a 1/2 day (4 hour) format, or 4 x individual 1 hour workshops.

MODULE 1 | THE WELL-BEING EQUATION

In this module, participants are introduced to the **Window of Tolerance** and the **Transactional Model of Well-Being**. They are introduced to the **3 Antidotes to Stress: Action, Nourishment and Mindset**.

MODULE 2 | ACTION

Participants are introduced to the concept of **problem-focused coping**. This is about taking active steps to manage or reduce the pressure in our lives. Strategies include planning and organizing, boundaries and willpower.

MODULE 3 | NOURISHMENT

We can widen our **window of tolerance** (bolster our resilience) by re-energizing. In this module we talk about the importance of turning towards life-giving restoration (**adaptive coping**) rather than accidentally falling into **maladaptive coping styles** (such as numbing out through alcohol, technology etc). Participants will be encouraged to identify their own adaptive styles of replenishment and create a **personal well-being plan**.

MODULE 4 | MINDSET

This module introduces the filter of Mindset and its impact on our well-being. When we can't change the demands we are experiencing, we can still manage our mindset which plays a significant role in whether we ultimately experience stress. Participants are introduced to **Threat vs. Challenge Mindsets** and the concept of **Eustress** (good stress/pressure that helps us grow into our potential).

For more information, please email kate@thrive.how