

Webinar Series for Teams

A. Realtime Resilience: Thriving through uncertainty and change

We have curated these webinars for workplaces around content that CEOs and HR leaders have told us respond to their team's most pressing needs. Structured and sequenced into two distinct series — one introduces resilience, and the second focuses more tightly on managing stress.

This accessible learning series equips staff with the skills of resilience and practical tools to combat stress and support their performance in the workplace.

Time: 4 x 1-hour webinars

Workshops delivered by our team of National Trainers.

1. The what, why and how of resilience

- What resilience is and is not
- Why resilience is important
- Practical tips and strategies you can put into practice to support your own resilience and wellbeing

2. Mental Agility: A core resilience competency

- Why psychological flexibility is vital for coping well in uncertain and changing times
- A practical strategy to put mental agility into daily workplace practice
- Why 'realistic optimism' is an important resilience tool

3. Avoiding thinking traps

- How our own thinking can get in the way of resilience
- Identifying thinking traps and when we fall into them
- Working with common thinking traps and their antidotes

4. Positive Emotions: Why they matter for resilience

- Understanding why positive emotions help us navigate tough times
- How these emotions help us recover from physical and mental distress
- Strategies to generate positive emotions at work and at home

B. Realtime Resilience: Personal tools to manage stress

Time: 4 x 1-hour
[choose 4]

Workshops are delivered by our team of National Trainers — face to face, as webinars or blended to suit your organisation.

For workplace workshops, please contact
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- 1. Harnessing your mindset for growth and performance**
 - Why mindset influences learning, people management, and high performance
 - Recognising your fixed mindset triggers
 - Tools and tips to stay in the growth zone for effective performance and learning
- 2. Overcoming self-sabotage - removing the handbrakes to high performance**
 - How perfectionism undermines creativity and performance and what you can do to overcome it
 - Strategies for overcoming perfectionism in yourself or others
 - How self-compassion drives superior performance
- 3. Managing stress**
 - Understanding the difference between good stress and bad stress
 - Harnessing your stress: the stress mindset that boosts performance
 - Creating your Personal Stress Plan (PSP)
- 4. Strategies for effective work relationships**
 - Communication hacks to defuse conflict and strengthen relationships
 - How active constructive conversations can transform relationships
 - Starting and finishing well - strategies for more effective meetings/projects
- 5. Strategies to avoid burnout**
 - The difference between stress and burnout
 - Three dimensions of burnout
 - Personal strategies - protecting yourself and others