

# WHOLEME WORKSHOP PORTFOLIO

## INTERNAL CAPACITY



### THE SECRETS TO SUSTAINABLE HIGH PERFORMANCE

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A person's energy capacity determines quality of performance. Energy is the critical factor that allows someone to remain engaged, focused and effective at a given task. To experience full energy in all areas of life it's imperative we take a whole-person, integrated approach. Wellbeing science now recognises the physical, mental, emotional and internal dimensions. When we create a lifestyle that renews all aspects we boost our resilience and allow ourselves to perform more consistently and effectively each day.

**During this workshop we will:**

- Measure our current energy capacity in all four dimensions
- Introduce the energy equation
- Introduce and discuss the four dimensions and why they are all important
- Brainstorm ways to replenish our energy in each dimension
- Build our own individualised energy management plan

### THE SCIENCE OF HABITS AND ACHIEVING SUSTAINABLE CHANGE

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We all have bad habits - a weakness for chocolate, coffee, wine or a smartphone addiction. Change can feel hard, and we naturally crave our comfort zone. But did you know 80% of New Year's resolutions don't last beyond January? In our busy world of endless information, we can learn endless new wellbeing strategies, but if we aren't turning these insights into habits, we aren't moving forward. In this workshop we give you strategies to work with the brain's natural wiring to turn your wellbeing goals into actual habits.

**During this workshop we:**

- Learn about why change is hard and the brain craves comfort
- Explore the concept of neuroplasticity
- Understand how to turn your wellness goals into habits
- Enjoy some time to map out your wellbeing goals and form a habit plan

### VALUES-BASED SELF LEADERSHIP

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Did you know your values are the driving force behind your attitudes, behaviours and actions? Yet the reality is most people don't know their own values or what is important to them. Our values are fundamental to all aspects of our life because they determine what we accomplish and how. When we align our lives to our values, life becomes more consistent, fulfilling and meaningful. In the workplace, research shows values alignment helps us react wisely in difficult situations, make good decisions, increases our confidence, engagement and drives action.

**During this workshop we:**

- Explain what values are and why they are important
- Work through a process of uncovering our TOP10 values
- Reflect on how aligned our life is with these values
- Create a personal roadmap towards living a more values-aligned life.

### MORNING MASTERY

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Are you used to stumbling out of bed, still feeling tired and rushing to get ready? If so, you are not alone. Many people already feel anxious and stressed by the time they sit down at their desk. How you start your day affects how the rest of your day and ultimately your life will go. Focused, productive, successful mornings generate focused, productive successful days. Morning mastery will show you the proven techniques and strategies you need to know in order to get the most out of your day. You'll feel more energised, productive and unstoppable as a result. Turn each morning into a mastermind session by implementing small habits that are set to help you take charge of your day.

**During this workshop we:**

- Learn the key reasons behind the importance of setting a morning routine
- Learn five science-backed morning routine strategies to help you get more from the day
- Develop a morning routine that aligns with your goals

'Great workshop combined with 'make sleep your superpower'

# MENTAL CAPACITY



## SECRETS OF THE MIND-TO UNLEASH PERFORMANCE

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Did you know our performance declines when individual works for longer than two hours? Learn five powerful secrets of the mind - ways our mind operates without us necessarily being aware and that lead to stress, overwhelm and lack of productivity. Learn how to overcome these autopilot habits of the mind, so you can be happier, calmer and more productive

**During this workshop we will:**

- Explore the idea of Mindfulness and how it can help us become aware of subconscious patterns
- Learn 5 powerful secrets of the mind to boost performance with experiential activities
- Enjoy time to reflect and discuss real life applications of these insights

## MAXIMISE PRODUCTIVITY MINIMISE DISTRACTIONS

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With the nature of open plan offices and constant multi-device digital connection these days, our attention is constantly being hijacked. Research shows it takes us up to 25 minutes to refocus after a distraction, which means we're not being efficient with our time in an already time poor era. In this workshop we'll explore strategies for designing our work day to work with the brain's wiring to minimise distractions and increase our focus and productivity.

**During this workshop we:**

- Understand why we are more distracted now than ever
- Learn 3 powerful research backed tools to minimise distraction and 3 tools to maximise productivity
- Time to make a plan to get your focus back and your flow on

## USER GUIDE TO YOUR HIGH PERFORMANCE BRAIN

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Our brain dictates everything about the human experience from the quality of our thinking, how we regulate our mood right down to our physical health, yet most of us don't know too much about our brain and how to work with its wiring. We'll give you a user guide for your high-performance brain and arm you with 10 easy hacks to optimise your thinking, creativity, focus and productivity during the work week.

**During this workshop we:**

- Learn 10 easy science-based hacks to supercharge your brain power
- Time to assess which changes you think will have the most impact on your workday
- Create an action plan for a high performing brain

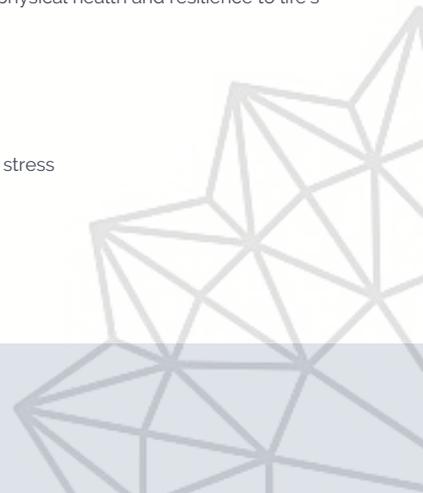
## TOOLKIT OF FAST RELAXATION TECHNIQUES FOR BUSY PEOPLE

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Many of us go, go, go through the day without resting. But research shows that our brain needs to switch between expending and replenishing energy to renew our mental and physical energy. Learn practical and scientifically proven ways to activate your relaxation response so that you can optimise your thinking, mental wellness, physical health and resilience to life's stressors.

**During this workshop we:**

- Explore the difference between the stress and relaxation responses
- Discover why we need to activate the relaxation response in order to deal with stress
- Learn the top 6 science-backed tools to promote the relaxation response
- Enjoy trying out 4 relaxation activities in the workshop



# EMOTIONAL CAPACITY



## DAILY SCIENCE-BASED HAPPINESS PRACTISES

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Research demonstrates a strong correlation between employee happiness and workplace success. When people are happy their work relationships improve, as does their mental and physical health and their productivity and creativity. So, what do we need to be happy? We'll explore what research has found to be the seven fundamental habits of happy people.

**During this workshop we will:**

- Explore some of the challenges we face in finding happiness in the 21st Century
- Learn science-backed tools to boost happiness and understand their mental, emotional and physical benefits
- Reflect on our own happiness levels and make a plan using the new tools

## MINDFULNESS MASTERCLASS

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Meditation has been proven to help reduce stress and enhance work satisfaction, productivity and also general happiness and health. With a host of far-reaching benefits, it can effectively aid an employee in achieving the maximum results at the workplace, both on an individual and an organisational level. We'll explore the philosophy of meditation, the science behind its benefits, a 'how to guide' and experience practical examples which can easily be adapted for even the busiest of people.

**During this workshop we:**

- Explore a definition of Mindfulness
- Look at why we need Mindfulness in the 21st Century now more than ever and it's benefits
- Touch on the research behind the efficacy of Mindfulness
- Discuss practical everyday applications of Mindfulness, for busy people

## DISCONNECT TO RECONNECT

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Decades of research suggests that "the quality of our social ties might be the single biggest predictor of our well-being". Humans are social species; our drive to connect with others is embedded in our biology and evolutionary history. Our brains are wired to reach out and interact and all for a very good reason but are we prioritising our relationships or going for quick, time effective alternatives? With social media playing such a big part in our lives, could we be sacrificing our health and happiness? It's time to "get more social, less media" and feel more present, empathetic and connected (with the added benefits of boosted immunity and a 50% increased chance of longevity).

**During this workshop we:**

- Discuss our evolutionary history and why we are wired to connect
- Highlight the benefits relationships offer to our health and wellbeing
- Understand how social media platforms are designed to activate dopamine and create addiction
- Implement strategies to help us better manage the relationships in our lives

## EMOTIONS MASTERY (TWO-PART SERIES)

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Developing our emotional capacity requires active engagement with feelings that may be uncomfortable or unfamiliar. We can't control them, emotions flow through our body all the time, triggering our thoughts and behaviour. Studies show the significant impact emotions have on how we perform tasks, our engagement level, creativity and decision making. With us operating in autopilot 55% of the day many of us lose the ability to tune into our emotional state, nor do we have the strategies to work through uncomfortable emotions before they impact our health, relationships and performance.

**During this two part series we:**

- Compare the difference between emotions and feelings
- Identify common triggers we experience during the day
- Consider how we typically manage uncomfortable feelings
- Work through a five step technique to help us better process uncomfortable emotions going forward

## BUILDING PSYCHOLOGICAL SAFETY

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We spend many of our waking hours working within a team and according to the latest research; psychological safety is one of the top traits of an effective, high performing team. Feeling safe creates an openness for thinking, creativity, innovation and growth and leads to more collaborative relationships and an overall improvement in team productivity. It also plays a key role in supporting our resilience, experiencing positive emotions and being able to express ourselves and our uniqueness.

**During this workshop we:**

- Discuss what psychological safety is
- Consider our predisposition to trigger fight or flight
- Discuss the role 'belief' plays in psychological safety using the Ok Corral Model
- Highlight steps to setting up win-win systems with others

# PHYSICAL CAPACITY



## MAKE SLEEP YOUR SUPERPOWER

Over half of Kiwis say they wake up without feeling refreshed and insomnia costs NZ businesses \$40 million a year in lost productivity! Sleep is one of the most important things we can do for our physical, mental and emotional health yet many of us simply don't get enough hours. Learn science-based tips to unlock your body's natural ability to sleep soundly so you can boost energy, improve focus, your physical health, feel happier and dramatically improve virtually every function of your body and mind.

**During this workshop we will:**

- Explore the negative effects of sleep deprivation and the positive benefits of quality sleep
- Take a test to discover your own sleep chronotype
- Learn the conditions our body's need to enjoy proper sleep with science-backed sleep hygiene

## SIMPLE WAYS TO SUPERCHARGE YOUR ENERGY SYSTEMS - AT WORK -

Ever wish you had more energy and could get more done throughout the day? When the body experiences too much rest it begins to lose the physical energy capacity it has built up over time. The most powerful way we can increase our daily energy capacity is by building simple, time efficient micro movements into our day. Physical inactivity is 'the biggest public health problem of the 21st century' and it's no wonder 'sedentary' is being masked as the new smoking. From our car, to our desks, we drive home only to watch TV and sleep. Not only that but research shows activity delays the mind's cognitive decline and helps us activate our right brain, supporting creative thinking and problem solving. It's time to boost your brain, body and mood.

**During this workshop we:**

- Consider 21st century living and the impact of our sedentary life
- Practical strategies and ideas on how to build micro-movements into our day
- Harness the power of your body's natural ultradian rhythms
- Development of a 'move more' plan to start today

## THE SCIENCE OF STRESS MIND-BODY CONNECTION

Despite the highest levels of wealth and access to information in history, research shows we are more stressed than ever. We'll explore why this is, look at the science of stress in the context of the 21st Century, look at the mind-body connection, where stress comes from, what's happening when we are in the stress response and most importantly, how neuroscience tells us we can rewire our brain in eight weeks to be calmer.

**During this workshop we:**

- Explore the well proven mental, emotional and physical benefits of cultivating a daily, self-led wellbeing practice
- Delve into the science of stress (where stress comes from, what happens in the brain and body when we are stressed, warning signals when we are activating fight or flight and how we can switch it off )
- Identify personal triggers for your stress and the relaxation response
- Identify your body and mind's personal feedback signals when we are spending too much time activating 'fight or flight'
- Discover why stress is not the problem and how we can shift our focus to the relaxation response to rewire our brain's overactive stress response in 8 weeks
- Learn 5 simple, fast, science-based relaxation tools for busy people

## EVERYDAY NUTRITION FOR HIGH PERFORMANCE

When we fail to take periodic breaks during the day it can leave us reaching for calming or energising substances. Many workers turn to stimulants like caffeine and sugar to keep their energy levels up. After work they may have trouble pushing their jobs aside and turn to depressants such as alcohol to initiate a period of rest. This affects our health, energy and can create day-on-day fatigue. During this workshop our nutrition expert will provide healthy alternatives to increasing our energy capacity throughout the day, minimising peaks and troughs in our mood and focus.

**During this workshop we:**

- Reflect on our typical work day and the impact of our current diet
- Review and provide solutions to everyday challenges (including eating on the run and managing blood sugar)
- Share powerful snacks to enhance our energy and brain power

**PLEASE NOTE:** Whilst these topics have been placed under their more traditional headings, we recognise as is the very nature of this programme, these aspects of wellbeing are all interconnected and crossover.

**TAILOR-MADE**

We are more than happy to customise the workshop content to suit your workplace and address any particular challenges. If you have any specific topic in mind, please speak to us. We have extensive amounts of research and content available.