

REWIRING FOR RESILIENCE WITH

Habits of High Performance

4 x 90 minute workshop package

Make a positive difference to your team's wellbeing, enhance the culture and engagement and set your team up for success in 2022

about the programme

This four week programme will enable your team to build a solid foundation of habits and behaviours that are scientifically proven to boost wellbeing and performance. As the pandemic continues, so does our stress, anxiety, overwhelm and fears about the future. However, by taking a self-leadership approach to wellbeing and focusing on things that can be controlled, we can start to rebuild our resilience and boost our health, happiness and performance.

Made up of 4 x 90 minute workshops, Habits of High Performance explores some of the basic factors that underpin sustainable physical and mental wellbeing, along with the fundamentals of turning new goals into long-lasting habits.

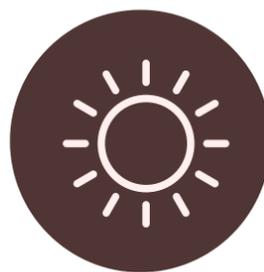


WORKSHOP 1 THE SCIENCE OF HABITS

WORKSHOP 2 MORNING RITUALS TO WIN THE DAY

Many people already feel anxious and stressed by the time they sit down at their desk. Having morning rituals can help us balance our nervous system, and as they say 'win the morning, win the day'. In this module we will look at five science-backed morning routine ideas to help you establish your most productive morning and set your day up for success!

We all have bad habits - whether it's a weakness for chocolate, coffee - or both, a smartphone addiction or a lack of exercise. Change can feel hard and we naturally crave our comfort zone. 40% of dieters quit within a week. 80% of New Year's resolutions don't last beyond January. How can we beat these bad habits - for good. In this workshop we give you strategies to overcome complacency and help you design a clear 2022 wellness vision.



WORKSHOP 3 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 aren't getting enough. 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.



WORKSHOP 4 EMOTIONAL MASTERCLASS

Emotions flow through our body all the time, triggering our thoughts, feelings 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 have lost the ability to tune into our emotional state and we often react rather than respond. In this module we discuss common triggers and provide practical techniques to help you manage any emotional hijacks you experience during the day.



SPACES ARE LIMITED - FIND OUT MORE TODAY

PACKAGE FEE: Face to Face \$3,990 OR Zoom: \$3,450

Includes: 4 x 90 minutes workshops
An experienced Facilitator
Pre / Post workshop resources
Up to 16 people

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