



Our wellbeing webinars

1. Let's check-in. A discussion about wellbeing in times of Covid-19.

The COVID-19 pandemic can be stressful for many people. Fear and anxiety about a new disease and what could happen can be overwhelming and cause strong emotions. Social distancing and travel restraint can make people feel isolated and lonely and can increase stress and anxiety. Let's check-in and discuss about how you can take care of your wellbeing in these challenging times. Let's have an open discussion about the challenges you are facing in the "new normal" and how can you overcome them.

The aim of this webinar is for you to draw from your inner strengths to face challenges such as blurred boundaries between work and life, virtual fatigue, overwhelming emotions, decreased ability to focus and being productive, negative thinking and isolation. You will also learn cognitive techniques to accept, reframe, and shift your perspective to build a positive but realistic picture of the situation.

2. Navigate uncertainty with Emotional Intelligence

These are extraordinary times. The Coronavirus pandemic has left us reeling as we struggle to cope with the big feelings. Our emotional reactions are powerful, because our most basic needs for survival are being threatened. As the situation develops into a more mature phase, the isolation and disruption to normal daily routines continues, and we continue to be challenged by shifting emotions, feeling irritable, feeling disconnected, and other signs of stress and anxiety.

In this webinar you will learn the skills of Emotional Intelligence to help you to navigate through these extremely difficult times. You will learn how to manage your emotions and find your balance. We will develop simple practices for a healthy routine, including deep breathing and mindfulness meditation.



3. Stress management and well-being in challenging times

How stressed are you? A little bit of stress can help you stay focused, energetic, and able to meet new challenges in the workplace. But long hours, tight deadlines, and ever-increasing demands can leave you feeling worried and overwhelmed. When harmful stress takes over - your work performance, health, or personal life can be compromised - it's time to take action to reduce your overall stress levels and regain a sense of control at work.

The aim of this webinar is to build practical foundation skills in well-being and stress management through fun learning experiences to become more resourceful in the face of stress. We will also explore how mindfulness practice will help reduce stress. Mindful stress reduction training has been backed up by the latest research in the field of neuroplasticity and be proven effective in reshaping our brain to be more mindful, stress less, and increase performance.

You will learn strategies and techniques to prevent and handle stress at work so to be able to successfully overcome challenging times at work and in life.

4. How to develop resilience and a positive mindset

"Why is it that some people thrive in the face of challenge and adversity at work, while others panic and feel overwhelmed?" Although some people seem to be born with more resilience than others, the good news is that anyone can develop habits to boost their ability to cope, thrive and flourish when the going gets tough.

In this webinar we will explore the 5 pillars of resilience: mental, emotional, spiritual, social, and physical resilience. We will also focus on practical and proven techniques to improve your problem-solving, time management and energy management skills. Finally, we will start developing healthy habits to boost resilience and enhance your happiness, performance and overall well-being.

You will learn a number of practical skills, behaviours and attitudes to cope with challenges as well as develop a positive mindset to "bounce forward" in the face of adversity.



5. Happy and engaged employees for a flourishing organization

Employees' well-being is a key factor in determining an organisation's long-term success. Many studies show that good health and well-being are core enablers of employees' engagement and organisational performance. Promoting well-being can create positive working environments where individuals and organisations can thrive. Benefits include improved staff motivation, morale and retention, reduced absenteeism, lower costs, and ultimately a happier workforce.

In this workshop we will explore the different areas of well-being (mental and physical health, good work, positive relationship, personal growth, values and good lifestyle choices) and we will apply principles of positive psychology to enable you to feel happy and fulfilled at work. We will also explore principles of energy management and how to live "in the flow".

You will learn strategies and techniques to be more productive, engaged and ultimately happier at work and in life.

6. Manage your energy levels for peak performance

In today's business environment, we are always expected to achieve more and continually higher out teams' performance. We all wish to have more time but we can't make more than 24 hours in one day! So how can we achieve more into the same time? Time management skills are not enough as without the energy to do the things we map out, we can't reach our full potential. Energy management is a very important skill to learn in today's world. When we manage our energy levels effectively we improve focus, motivation, wellbeing and ultimately we can reach peak performance.

In this webinar we will discuss how to improve the 4 levels of energy: physical, emotional, spiritual and mental. Physical Energy is mostly related to a healthy lifestyle. Emotional Energy is connected to the quality of our emotions. Spiritual Energy is connected to our personal values and goals. Mental Energy is connected to our ability to focus.



Experiencing moments of deep focus (the flow) not only helps us being more productive but also makes us feel happier and has a positive impact on your wellbeing. In this webinar we are going to discuss why it is so hard to focus, the dangers of multitasking and the role of the brain for the control of emotions.

In this webinar you will learn tips to manage your energy levels to reach peak performance. You are going to perform a self-reflection assessment to become aware of the fluctuation of our energy levels during the day, discover what energises you and play this to your advantage. You will learn practical tips to eliminate distractions and improve focus so to become more productive, engaged and happier at work and in life.

7. Self-care and compassion for leaders

Has embracing fallibility ever helped you as a leader? When the times are tough, leaders are called upon to be a lot of things: strong, decisive, prescient, bold and also inclusive, open, patient, and strategic. It's a lot to take on and deliver.

Compassionate leadership starts with self-compassion. Self-compassion is about acceptance of the circumstances, about your own efforts and the constraints. It is only when leaders do the hard work on themselves that they are able to show up as balanced and able to lead others with compassion. Self-compassion is the hallmark of the all-important growth mindset. So, if you're a leader and you find yourself overwhelmed or struggling on occasion, you are not alone!

In this webinar, learn how you can cultivate and practice self-compassion in these volatile times to motivate yourself with kindness rather than criticism. Using real life examples, we will discuss simple strategies to build the habit and practice the art of self-compassion.

8. Empathy and EQ for leaders in times of crisis

What makes a good leader during a crisis? The best leaders know that empathy and compassion forges the strong bonds that engage the hearts and minds of their people. During a crisis failure to understand the thoughts and feelings of others has real consequences.



In this webinar: Learn about the importance of EQ and leading with open hearts and stepping out of the executive bubble. Using real-life corporate case studies, we will share simple, easy to implement strategies and framework on how to effectively understand and manage emotions. We will also explore techniques and tips to embody compassion and become an inspirational leader for your teams, your organization and your community.

9. Thriving in disruption: how to positively face change

In these times of disruption, volatility, uncertainty, complexity and ambiguity are the new normal. Managing change is still considered a challenge. The main reason why change fails? People are not ready and knowingly or unknowingly resist change.

This webinar will equip you with the knowledge to understand and win your natural inclination to resist change. You will learn principles of neuroplasticity and how you can train your brain to face change with a positive mindset. Finally you will develop useful skills and strategies for mental flexibility to successfully navigate change and improve your well-being at work and in life.

Contact us for more information! You may send an inquiry through the website, or contact: info@metamindtraining.com
