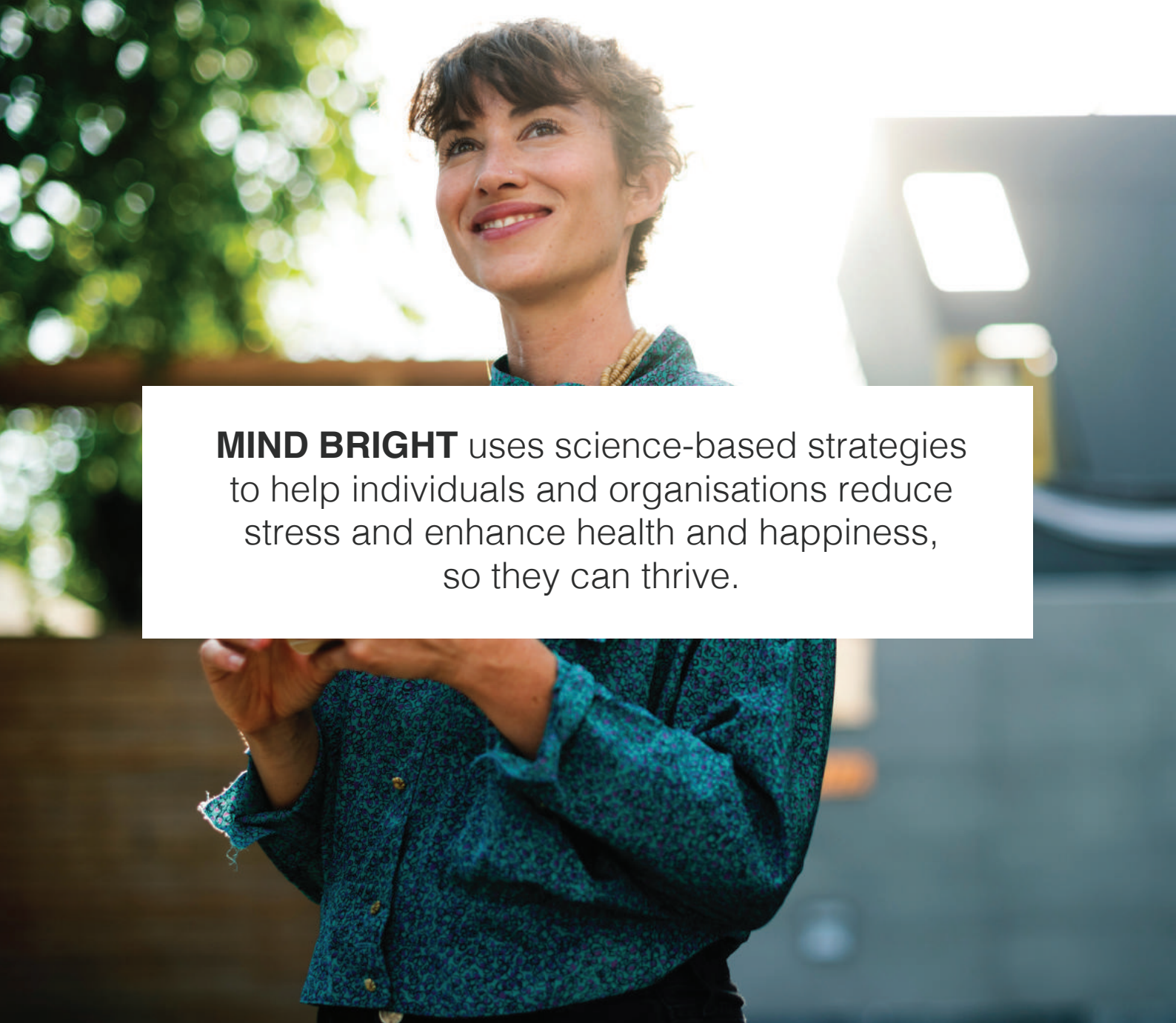




REWIRING FOR WELLNESS

—
HALF DAY WORKSHOP

mymindbright.com



MIND BRIGHT uses science-based strategies to help individuals and organisations reduce stress and enhance health and happiness, so they can thrive.



RESEARCH SHOWS THAT
ONE IN FOUR NEW ZEALANDERS REPORT
HIGH LEVELS OF STRESS AND ANXIETY.
UP 20% FROM LAST YEAR.

Life today is very different to the way it was even twenty years ago. Our brains and bodies are confused and overloaded by our increasingly fast paced world, where we are bombarded non-stop information and digital chatter.

When stress is present, it affects our health and happiness, impairs our thinking and negatively impacts our ability to achieve our goals, both personal and professional.

PROGRAM OUTCOMES

- + Happier, healthier staff who feel refreshed, empowered and valued
- + Increased productivity, efficiencies and energy levels
- + Higher levels of creativity, concentration, clever problem solving and lateral thinking
- + Enhanced culture, inter-office relationships and communication
- + Retain and attract your brightest staff, whilst reducing absenteeism
- + Contributes to improving the bottom line and positive societal impact

WORKSHOP FORMAT

- + 4.5-5 hours total
- + 1 x 30 min lunch break + 2 x tea breaks
- + 15 mins Q & A
- + Visual aids
- + Interactive
- + Group based learning (up to 15 people per session)
- + Rewiring for Wellness Workshop books for each attendee



WORKSHOP OVERVIEW

Combining the latest research from the fields of neuroscience, psychology and Mindfulness Based Stress Reduction, Mind Bright's Wired for Wellness is a half day workshop presenting the science of stress in an way that is fascinating, accessible and relevant.

The content is brought to life with interactive exercises to embed learning and ensure concepts are understood within the context of the individual's life.

All employees will be armed with a personalised stress management tool kit which includes a practical set of resources and tools so that attendees will be motivated and equipped to make immediate and lasting change.

WORKSHOP CONTENT

MODULE 1 / THE MECHANICS OF STRESS

- + The 21st Century brain
- + The science of stress made simple
- + Where does stress come from?
What happens when we're stressed
The mind body connection
- + Personal triggers for stress and calm

MODULE 2 / STRESS IN THE WORKPLACE

- + Stress myths explored
- + Brain rules
- + Thinking and working smarter

MODULE 3 / WELLNESS TOOL KIT

INTERNAL / Mental + Physical

- + Reframing thoughts + emotions
- + An introduction to Mindfulness
- + Meditation Breathing techniques
for stress reduction
- + Movement for energy + calm
- + Sleep habits + hygiene

EXTERNAL / Environment + Community

- + How our environment impacts
our nervous system
- + Nature and its effect on the brain
- + Digital Health
- + The science of kindness
- + Self-care

MODULE 4 / REWIRING YOUR BRAIN FOR WELLNESS

- + What is neuroplasticity?
- + Hardwiring healthy new habits
- + New wellness goals

ALSO INCLUDED

- + **Rewiring for Wellness workshop book**
- for employees to work through during
the workshop, reflecting the theory back
to their own lives and creating wellness
goals to embed learning. Provides great
take-home capturing key points of
the workshop
- + **A benchmark online wellness survey**
- sent to staff prior to the workshop
to assess their current levels of stress
and their understanding of and current
commitment to wellness strategies. This
can be re-sent three months after the
workshop to track improvements
- + **Workshop evaluation forms** -
provided at the end of the workshop so
participants can rate the experience and
they will also be asked to state the new
wellness goals they plan to commit to