

# Our workshops

## Self knowledge

- Avoiding burnout
- Living with meaning and purpose
  - Improving self esteem
  - Building resilience
- Dealing with grief and loss

## Others & the world

- Healthy relationships
  - Assertiveness
  - Managing conflict
- Effective communication
  - Caring for others

## Leadership

- Effective leadership
- Creating supportive cultures
- Trauma awareness for leaders
- Managing difficult conversations

## Flexibility

- Emotional agility
- Dealing with procrastination
- Overcoming perfectionism
  - Returning to work
  - Work-life balance
- Coping with transitions

## Mind and body

- Improving sleep
- Minding the body
- Breaking unhealthy behaviours
  - Developing mindfulness
  - Stress management
- Living with a long term condition

## Mental health

- Mental health awareness: spotting signs and symptoms
- Suicide and self harm prevention
- Trauma awareness and treatment
  - Managing low mood
- Reducing shame and self criticism
  - Taming anxiety