

FREE WEBINAR AFTERNOON

Working Life are pleased to offer a series of 60minute Webinars. These are being offered to all EAP clients without fee as part of our EAP Service. If you are interested please email mail@working-life.net and we will advise the time and date of next session. Sessions will be presented in order of preferred demand.

Brain Friendly Habits

We all want to form lasting habits that improve our health and wellbeing. So why does it feel so hard to break routines and establish new behaviours?

- How are habits formed in the brain?
- Can we influence our happiness levels by changing our habits?
- What kinds of habits are most healthy for our brain and body?
- How can we optimise our brains to make habits easier to adopt and more sticky?

Cultivating Positive Mindset

Our mindset influences the extent to which we learn and develop, the way we respond, our impact on others and our personal wellbeing. This session explores;

- Cultivating a positive mindset and overcoming the brains tendency toward the negative
- Generating a growth mindset to accentuate learning and persist during set backs
- Influencing your happiness level through your attitude and intentional choices

Building Positive Relationships

Good relationships boost our mood and serve as a buffer when times are tough. They decrease our stress levels, improve our physical health and help us build the resources and skills to collaborate and succeed in our roles. This session explores;

- How positive relationships impact team effectiveness and satisfaction at work
- Creating positive emotional connections for greater empathy and rapport
- Practical tips to enhance workplace culture and relationships





Realising Your Strengths

Everyone has strengths and the potential to develop them to become happier, more engaged and fulfilled in work and life. Strengths are the heart of positive psychology – building on what we do well and can do even better enables us to flourish and succeed. This session explores;

- Why strengths matter and the benefits of playing to your strengths
- A positive framework to know and grow your strengths
- How to recognise and develop strengths in people you work with, coach and lead
- Practical tips to be happier and more successful by leveraging your strengths

Positive Psychology at Work

People who feel happy, valued and satisfied at work typically do far better than those who feel pressured and undervalued. Happy employees are more engaged and likely go beyond their job requirements to give their best effort, working harder, more productively and more collaboratively than less happy peers. This sessions involves;

- The evidence and business case for positive psychology at work
- Harnessing positive emotions to drive employee engagement, performance and wellbeing upwards
- Positive approaches to sustain performance in individuals, organisations and teams
- Moving from a negative to a positive mindset to get the best out of people.

The Neuroscience of Change

When organisations or government departments embark on large-scale change initiatives, whether to cut costs, institute reform, acquire assets or increase advantage, they often underestimate the hidden costs and human factors. The brain is wired to perceive changes in our environment as a threat, which biases our perceptions and decision-making. Organisations need to work hard to counter negativity during change and focus efforts on the positive to realise the full potential of initiatives. This sessions explores;

- The psychological impact of change and the neuroscience of threat, reward and emotional contagion.
- Positive approaches that make a critical difference in successful change initiatives.
- Moving from a negative to a positive mindset and culture during the change process.





The Neuroscience of Leadership

We need to perform, collaborate, innovate and remain agile to navigate complexity and succeed in today's workplaces. Neuroscience offers strategies to optimise the brain's performance and increase people's capacity to lead themselves and others in fast-changing global environments. This session involves;

- Fundamental mechanisms of the brain that drive people and organisations
- Core 'brain and body' abilities that have a direct impact on leadership effectiveness, productivity, wellbeing and engagement
- Brain-based strategies to lead yourself and others to success.

The Neuroscience of Creativity

Happy people tend to be more creative and productive at work. They can see the big picture, generate more creative ideas, collaborate and build enduring social connections. By focussing on building a positive emotional climate that enables people's brains to perform at their creative best, organisations can boost creative output, collaboration and learning. This session explores;

- The impact of employee mood and emotions on innovative thinking, decision-making and results.
- The brain on creativity and how to generate more creative and better-quality solutions.
- Creating brain-friendly workplaces and learning environments that optimise creativity and team performance.

Everyone's Got Talent

Everyone has talent. Not everyone is clear what their talents and strengths are and how to capitalise on them. Realising strengths and the energy that fuels them is a clear and natural route to enhancing employee contribution, engagement and performance. This session involves;

- New research and next generation tools for strengths assessment and development.
- Targeting strengths when attracting, recruiting, selecting and managing talent.
- Equipping managers with positive practices to motivate performance and leverage strengths.
- Strengths-based initiatives that have driven performance in top organisations.

All sessions are being presented in collaboration with the Langley Group

