



# WELLWARE WORKSHOP SERIES

**ARE YOU READY TO RE-ENERGISE YOUR WORKERS & REDUCE STRESS AFTER CHALLENGING AND EXHAUSTING TIMES?**

**ARE YOU LOOKING TO RECONNECT YOUR TEAM TO STRENGTHEN RELATIONSHIPS AND IMPROVE PRODUCTIVITY?**

Awareness Co. are committed to supporting leaders to foster psychologically safe workplaces for their teams. Our 'WellAware' Program is designed to connect your workers, putting the latest scientific insights and evidence-based tools at their fingertips. We create safe spaces for your people to actively experiment and take ownership of the wellbeing approaches that work best for them, so they can bring their best self to work and get the job done.

## *Workshop 1*

Riding the waves of struggle and thrive: Your wellbeing blueprint

In this workshop we will:

- Introduce people to the concept of wellbeing, and that moving between thriving and struggling are normal
- Share the six elements that shape a person's wellbeing and how these apply in our work and personal lives
- Provide practical tools to improve wellbeing.

## *Workshop 2*

Building connections: Optimising your energy at work through strengths

In this workshop we will:

- Highlight factors that contribute to the 'always on' way of working, and the risk of burnout without realising
- Discover practical ways to increase your energy by using your strengths at work and in life
- Encourage you to use a Strengths-Based approach within your team, so that you can utilise peoples' strengths and energies to create greater engagement.

## *Workshop 3*

Are you tired of being resilient? Prioritising rest, recovery and wellbeing sustainability

In this workshop we will:

- Reveal how building resilience over the last two years has exhausted Australian workers
- Discuss the different types of rest (they may not be what you think!) and how they can look different for each person
- Show how to shift your focus from 'Time Management' to 'Energy Management' to reduce fatigue.

## FOR EACH WORKSHOP IN THE SERIES, YOU WILL RECEIVE:

- A 60-minute virtual workshop which can be scheduled into a 'lunch and learn', team meetings, or at a time most suitable for your workplace
- Workshop Playbook with practical tools and exercises for each team member so they can feel in charge of their own wellbeing
- Links to additional resources to continue the conversation and learnings within your team.

**ARE YOU READY TO EMPOWER YOUR TEAM TO CARE FOR THEIR WELLBEING, BUILD BETTER RELATIONSHIPS, AND BE MORE EFFECTIVE IN THEIR ROLE? DON'T WASTE ANY TIME, BOOK NOW!**

### INVESTMENT:

\$2,997 + GST per workshop  
or

Buy two workshops and get the third, FREE!  
\$5,994 + GST for the 3-part workshop series  
(that's a saving of \$2,997!)

\*Conditions apply

### HERE'S WHAT SOME RECENT PARTICIPANTS SAID:

"It was a great reminder that we need to take care of ourselves so we can take care of others".

"The content was very relevant and I loved the interactive element, great to brainstorm with others!"

"It gave me practical ideas and useful strategies that I can try straight away to help all aspects of my life".



A W A R E N E S S C O .

**GET IN TOUCH TODAY TO BOOK YOUR WELLWARE PROGRAM**

**W: WWW.AWARENESSCO.COM.AU E: INFO@AWARENESSCO.COM.AU P: 0499 906 035**