

# Staying happy, healthy and productive when working from home

Live Webinar, duration – 1 Hour including Questions



## Introductory

For practitioners who would like a good foundation to improve their skills.



1 CPD Hour

### Introduction

**Environmental context** – Uncertainty, unknown, loss of control, change

**Managing your mind** – Your first priority

- Concept of happiness.
- Understanding healthy anxiety vs too much anxiety
- Enough drives performance but too much panic, fight, flight
- Ok to feel anxious – too much impacts thinking and health

### Practical Tips.

- Micro habits – create in all areas – make easy and routine, small things matter, start small – 2 minutes

- Mind – Managing the control center first and foremost
- Daily Routine – When we are working in times of change or uncertainty, we need some structure and routine – some new fitting habits. Regroup, recalibrate and refocus
- Physical Health – How to navigate in a redefined environment

### Mental/Emotional Health

Importance of connection with self and others in a restricted world

### Questions & Answers

**PRICE = \$1,000 (PLUS GST)**



### Presenter – Steven Colligan

Steven is a registered psychotherapist and organisational development specialist with over 20 years' experience. Steven specialises in capability building, business transformation, change leadership, and human resources transformation.

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