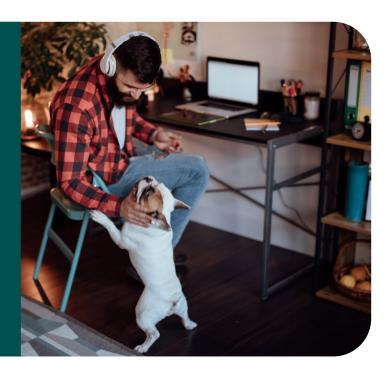
Staying happy, healthy and productive when working from home

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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