



## LEADERSHIP DEVELOPMENT

# Leading So People Thrive

Thriving organisations are brought about by strong leadership and a positive, proactive approach. This session will focus on why workplace wellbeing matters, why your wellbeing matters and why your leadership matters.

In 2017, the WHO cited leadership commitment and engagement as the most important factor to achieve healthy workplaces. Come away from this session understanding the importance of investing energy into workplace wellbeing and having reflected on how you can create a positive, energised culture where people can perform at their best.

### KEY OUTCOMES:

- Understand the costs of stress and poor health and its effect on turnover, engagement and productivity and the strong business case for prioritising wellbeing.
- Reflect on your current wellbeing and the behaviours you demonstrate that influence your wellbeing.
- Be introduced to the fundamental five Live Well Principles so you can thrive personally.
- Learn practical time-saving ways to boost your health, energy and resilience, reduce stress, restore balance and massively increase productivity.
- Look at how leaders can foster a culture that supports wellbeing and the key role you have to play within that.
- Reflect on how you can influence your team's wellbeing and where to start.
- Get an overview of how to recognise when staff needs extra assistance and how to respond.
- Discover the four pillars of trust and how to avoid the fatal flaws so you can engender trust through your leadership style.
- Understand the key leadership skill of effective recognition and how to deliver meaningful praise.
- Discuss ways to create buy-in and foster positive change through the way you lead.



## PROFESSIONAL DEVELOPMENT

# Boosting Your Resilience & Ability to Respond

When faced with change, it's more important than ever to remain resilient and be able to respond in a calm, confident and courageous manner.

This session will focus on the fundamentals of boosting resilience to take a proactive approach to improving health and wellbeing. All great leaders and successful people have mastered great self-leadership and demonstrate these skills for those around them. Be equipped to respond rather than react and ensure you last the distance, even during adversity.

### IN THIS SESSION YOU'LL DISCOVER:

- How to boost your resilience so you can respond rather than react
- The keys to a resilient mindset
- How to avoid negative thinking traps
- The keys to ensure you remain physically resilient and strong
- The fundamentals to ensuring deep restorative sleep to improve your decision making ability and performance
- Daily practises that will ensure you stay balanced



## PROFESSIONAL DEVELOPMENT

# Dealing with Stress and Anxiety in Uncertain Times



Since the covid-19 pandemic, we have faced rapid change, uncertainty and radically changed working conditions, creating fear, stress and anxiety for staff. Now more than ever, leaders need to equip themselves and their teams with tools to remain calm, centered and in control.

This session will look at practical strategies to switch out of the harmful fight or flight mode and be able to respond positively to the challenges ahead. When individuals thrive, an organisation as a whole can thrive and perform at its best. Equip yourself and your team with these practical tools to survive and thrive even during uncertainty.

### IN THIS SESSION YOU'LL DISCOVER:

- The different types of stress and how to capitalise on eustress (good stress)
- How the fight or flight response affects your physiology and psychology
- Why you need to oscillate and how to do that
- The most effective way to trigger your body's relaxation response
- Simple effective strategies to manage and prevent stress from taking over
- How to instantly boost your mood and switch out of negative thinking
- How to integrate these practises throughout your day for maximum results



## PROFESSIONAL DEVELOPMENT

# Overcome the Overwhelm – Less Stress, More Joy!

Ever feel overwhelmed or wish you were more calm, confident and in control?  
Do you want to be able to easily juggle work, family and life?  
It's common, even for high-performers to feel overwhelmed at times.

This session is designed to help busy people regain balance, super-charge their productivity and rediscover how it feels to thrive. It will help you carve a pathway through the overwhelm and equip you with tried and tested strategies that have worked for even the busiest of professionals.

### IN THIS SESSION YOU'LL DISCOVER:

- The biggest mistake that makes you lose hours every week (and how to overcome it)
- Exactly how to overcome the 'tyranny of the urgent' and get the right things done
- Learn exactly how to juggle the multiple demands of life while staying calm, centered and in control
- Time-saving tips to reduce stress and help you get more done in less time
- The secrets that successful people use each morning to ensure a positive, productive day
- The critical steps to ensure you get regular 'me-time' to recharge - completely guilt free to help you regain balance and experience more joy and satisfaction.



## PROFESSIONAL DEVELOPMENT

# What Technology Is Doing To People – And What To Do About It

Technology affects the way that we think, move, work and play. More and more people are addicted to technology yet often unaware of the wide-reaching negative impacts this creates for both their wellbeing and ability to perform.

Social media and technology have taken their toll on people's wellbeing as people remain constantly connected, yet socially disconnected, overloaded with information and easily distracted.

If you want to maintain a close-knit team, who are engaged, connected and performing at their peak - this is the session for you.

### IN THIS SESSION YOU'LL DISCOVER:

- The serious negative impacts of technology on relationships, wellbeing and productivity
- Why technology is a two-edged sword and how to wield it effectively
- How to wrangle technology, avoid information overload and regain control
- Practical ways to ensure your team stay resilient, connected and engaged during challenging times

PROFESSIONAL DEVELOPMENT

# A Great Place To Work - Team Workshop

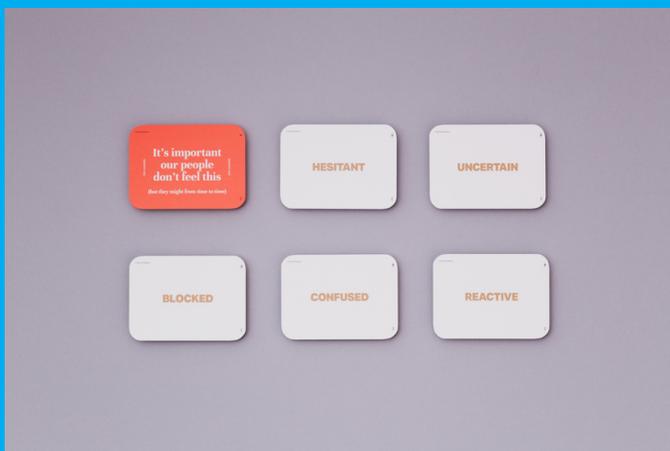


This workshop is designed as a hands-on interactive way for your team to come together to co-create the culture of their team, using the Emotional Culture Deck, defining what how to create a great place to work.

The objective of the workshop is for your team to discuss and define the desired emotional culture of your workplace, explore how you support each other, increase empathy, understanding and team dynamics.

Through this workshop we will help:

- Individuals understand their own and their teammates motivations, desires, needs and fears at work
- Build greater empathy for each other
- Reinforce the great cultural things that already exist within the team and environment
- Define the ways people want to feel at work and start exploring the rituals and behaviours that will support that



How we'll run the workshop

- We'll explore how your people want to individually feel and not feel at work
- Work together to map how the team want to feel and not feel as a collective to be successful (your team's emotional culture)
- Explore how this environment will impact the culture of the team and how they work together day-to-day.

Following the workshop, let's meet to:

- Review the workshop and share the learnings and insights we gain
- Plan potential next steps for how you might take what we uncover and learn during the workshop and keep the conversations alive and embed them into the way your team work together.





# Introducing Lauren Parsons

Lauren is an award-winning Wellbeing Specialist who believes that everyone deserves to thrive. With over 20 years' experience, she is passionate about equipping and inspiring you to truly boost your health and happiness.

TEDx speaker, Author of *real food less fuss*, Founder of the Snack on Exercise movement, Emotional Culture Deck Practitioner and host of the Thrive TV Show. Lauren helps busy people re-discover how to feel vibrant, confident and energised.

Previously a senior lecturer at the New Zealand College of Fitness, a qualified Life Coach and with a business degree and post-grad specialising in HR, Lauren is a sought-after international speaker, coach and consultant who integrates her wellness and business background to help leaders find the sweet spot between boosting both wellbeing and productivity.

Described as inspiring and life-changing, Lauren is a dynamic and highly-engaging presenter, and master story-teller who will have you laughing, moving and learning in a memorable way. You will leave Lauren's sessions feeling uplifted and empowered to create positive change, today!

Based in the Manawatu, New Zealand, where she lives with her husband and three children, Lauren can often be found hosting dinner parties, spending time outdoors or playing board games. She travels regularly to speak at conferences or in-house and specialises in helping organisations create a high-energy, peak-performance team culture, where people thrive.

See [www.LaurenParsonsWellbeing.com](http://www.LaurenParsonsWellbeing.com)





# What others say...

"Your program has been totally life-changing. Thank you Lauren!" – Deborah Pederson, Tui Early Learners

"The team absolutely loved your session. Speaking with some of the managers today there has already been positive activity in our branches!! Your session has provided practical and easy steps to exercise and this is going to make a big difference for my team."

- Andrew Daubney, Regional Manager, ANZ

"Lauren is an engaging presenter who brings a wealth of knowledge across a broad range of wellness areas. She demonstrates a real passion for making a positive difference in people's lives."

– Kelly Alkema, HR Manager, Hutt City Council

"I can HIGHLY recommend Lauren, she is a fabulous presenter with passion, zest, humour and professionalism - she is a truly transformational person who will affect your world in a profoundly positive way! She is MUST see and leader in her field." - Angela Cossey, Intimo International

"Lauren's session was inspiring and uplifting and came at a time when employees needed to be re-energized. Her genuine and authentic approach, being a working parent, was extremely well received by our staff."

- Dominique Martel, HR Manager, Office of the Superintendent of Financial Institutions, Canada

"Brilliant session. Exceeded expectations! Lots of great content and plenty of things we can easily adopt in our own lives."

– Warren McKenzie, Flooring Design

"Your session was fantastic! I thoroughly enjoyed the engagement of all the staff, including the many measurable smiles!! It was all the energy, the influential audience grabbers, but also the positivity and the vibe that engaged everyone." - Major Glen Whitton, NZ Defence Force

"Lauren's session was fun, energetic, uplifting and thought-provoking. Highly recommend!" - The Treasury

"Lauren Parsons shone bright as a keynote speaker, engaging our delegates with an endless supply of energy that put a smile on their faces. Her tips on health in the workplace truly resonated with our crowd and had people feeling uplifted and energized. Simply put, it was a joy to work with Lauren." - Christopher Egan, CEO, Financial Management Institute of Canada

"Thank you for a fantastic day Lauren! It has been so very insightful and helpful with all things work and non-work related!" - Lindisfarne School

"Enjoyed the fast-paced session and love the snack on exercise thought." – Jo Mason, Horowhenua Deputy Mayor

"Dear Lauren, Thank you so much for today! For all your time and preparation. We have covered so much already! Very useful and good practical reminders on 'How to Live well!' ...Looking forward to tomorrow!" - ThinkTank PA Summit.

"I loved everything! The values, praise, trust. Lauren was excellent – so well organized, slick and easy to listen to." – Jan Stevens, Assistant Principal Kingslea School