



Did you know that we offer flexible delivery options including;
half day programs or short modules to suit your needs?

We can also customise content to
address specific workplace pressures!



Everyone deserves a happy and healthy future!

We love to create evidence-based wellness education programs with a focus on positive psychology, health and wellbeing. We are a social enterprise with heart and believe that everyone deserves a happy and healthy future. Our range of interactive and engaging workshops are designed to provide practical and actionable 'tools' to help our clients regain control over their future with a focus on all aspects of their wellbeing; physical, mental, emotional, spiritual, social & financial.

We strive to create safe learning environments where everyone feels valued and open minded, which is why we are quickly becoming the wellbeing and training provider of choice for complex teams.

Identifying and embracing your strengths is the first step to improving performance to enhance personal and professional success.

The workshop focuses on a range of evidence-based topics, including;

- ✓ Character Strengths self-assessment and survey
- ✓ Identifying you signature strengths
- ✓ Embracing diversity within teams
- ✓ The role of synergy in groupwork
- ✓ The danger of group think
- ✓ Establishing a positive culture for growth
- ✓ Understanding the "Organisational Zoo"
- ✓ Which 'animal' are you?
- ✓ The power of colour psychology
- ✓ Forming positive connections
- ✓ Building rapport
- ✓ Additional resources & support

**SPEAK
WITH US
TODAY!**

Check out our website or speak to us today for more info!

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