



# Workshops

## // Lunch and Learns

We believe that connecting with each other, our environment, and ourselves is fundamental to our ability to thrive as people, organisations, and planet. We support our client's wellbeing and training agenda in three ways:

1. Connect for Change – an immersive 6-week virtual programme which equips individuals with the tools they need to create positive personal change.
2. Executive Coaching – supporting individuals at pivotal points of change through a holistic 'ecological' approach to development.
3. Transformational Workshops – providing your teams with a space to consider the big issues in a safe and supported environment.

Our workshops can be tailored to your needs, and are based around the following themes:

### **Root to Route :: how to utilise the body and mind to mitigate against burnout**

What is burnout?

What causes burnout?

Physiological approach and toolkit :: exploring burnout in the body, how to recognise it, how to understand its origin, and how to build your resilience towards it.

Psychological approach and toolkit :: exploring burnout in the mind, what is driving burnout behaviour and ideology, how to begin to shine a mirror on your belief systems and illuminate the systems that are driving unuseful thoughts and behaviours.

Societal approach and toolkit :: exploring how our culture and the systematic structures of our society perpetuating burnout culture, how to spot and challenge cultural expectations that are in dissonance with our wellbeing.





## **Belief Systems :: what is holding the needles weaving our life's tapestry**

Mechanical, Psychological and Conditional :: functions, causes and tools to access and change belief systems.

'Don't think of a blue chair' :: how our brains process information

Peeling back the layers of the brain :: exploring the board room of the brain, who wants what, when, and why.

Holi-stic[ky] picture :: understanding our experience in the context of our bodies, our environment, and our history.

## **Climate Anxiety :: what is the nature of this response to nature**

What is Climate Anxiety?

Exploring the 3 types of climate anxiety and the distinction between them.

What is its nature and reason for being?

Exploring the roots, reasons and uses of these reactions.

Meeting sensations :: how can we meet these sensations with compassion, and recognise and understand their utility.

Practical Tools :: how to develop practices that allow us to become aware of the origin of our sensations and understand the most relevant, and useful avenue towards its mobilisation within us and outside of us.

What tools do we need, and how can we integrate them into our day-to-day life?

Organisational Structures :: how can we create internal structures within our organisation that support the processes of ourselves and our team in the face of the climate crisis?





## **Biomimicry :: recognising the cycles within and outside of us**

**Ecosystems thinking** :: what is an ecosystem, what are the core elements of any ecosystem, what supports an ecosystem to thrive, what would it mean to see the self as an ecosystem.

**The Cyclical 'Self'** :: what would it mean to transition our ideas of self from climbing peaks to expanding a spiral of greater connection, stories, tools, practices to recognise ourselves as cyclical beings, how to understand our seasons, and fluctuations, and how to utilise our natural and authentic state in our life and work.

**Cultivating a thriving ecosystem** :: tools to explore your unique and interwoven ecosystem, and how to recognise and serve its needs.

## **OPTIONS and Pricing ::**

**CHOOSE FROM THE THEMES LISTED ABOVE OR CONNECT WITH US TO CREATE A BESPOKE SESSION FOR YOUR TEAM**

1 hour workshop :: **£350** [online or + travel expenses]

3-part / 3 hour workshop :: **£1,000** [online or + travel expenses]

**Connect for Change** [flagship 6-week programme] :: **£695 per person**  
(if 10+ sign up then one 'Lunch + Learn' session will be refunded) see website for more information.

## **INCLUDED ::**

**1 hour Workshop** :: with our Founder Sian Gatenby.

**Information Handout** :: outlining the key themes discussed and where to find further information.

**Tools Booklet** :: methods and practices to try at home.

