

miranda murray

WELLNESS IN THE WORKPLACE

HOW HAS WORKING FROM HOME BEEN WORKING FOR YOUR TEAM?

Why is looking after your team's emotional wellbeing important to you and your organisation?

There is more to business than numbers and ticking KPIs and with the future of work demands people bring their whole selves to work (their lounge-room and all). Looking after your people is at the forefront of creating a sustainable business. A culture built on empathy, trust and understanding fosters teams who are wholeheartedly invested in the place that they work, even in the face of adversity. Learning the skills to ensure work and life is taking into account all aspects of your wellbeing is crucial.

In this Empathic Wellbeing Boost Session, Miranda will unpack the reasons why emotions drive us at work, how this can be a powerful driver of performance and guide your team through a meditation to support their wellbeing.

With a strong background in supporting people to thrive through challenging times, Miranda brings empathy, compassion and an outcomes-focused approach. Working with Miranda allows clients to unlock their emotions, explore the role empathy can play in improving their relationships and fostering performance.

Miranda is an expert at engaging her clients with empathy and compassion to unlock breakthroughs in performance, well-being and overall personal satisfaction.

KEY OUTCOMES

- Understanding the role that emotions play in driving behaviours
- Building a connected, empathic team - both individually within themselves and with each other
- Tools to support and empower your team to nurture their own wellbeing, become intentional with their actions and thrive through challenging times

FINER DETAILS

- 30 min virtual session
- Tailored content to fit specific client needs
- Slides available upon request
- Session can be delivered via Zoom, Teams or Webex
- Investment - \$990 + GST



CONNECT WITH DANIEL

 miranda@empathicconsulting.com

 [miranda-murray-empathicconsulting/](https://www.linkedin.com/company/miranda-murray-empathicconsulting/)

 mirandamurray.com

 +61 439 905 901

PAST CLIENTS INCLUDE

tyro

strategy&
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BHP



TESTIMONIALS

"Miranda Murray is committed to changing the way we see ourselves and helping people to accomplish more, to value strengths, understand vulnerabilities and embrace goals, making sure they remain realistic and on track."

David Prior, 2GB Radio

"Both calming and energising, your session supported us to refocus for the remainder of our busy strategy day. It was a really impactful experience that will continue to serve us in our busy day to day - in Covid times, and beyond."

Gillian, Director, NSW EPA