



ResilienceRetreats
Taking care of the wellbeing of your people



First Steps Team 11 March 2022

Resources:

We have a number of resources which we provide as part of our in-person on-site training and support. To keep things simple, we would prefer if those resources were kept as part of our end to end offering as opposed to being offered separately, to ensure they are used correctly.

For your information, these include but are not limited to:

- Productivity and habits tips
- Motivation strategies
- Core values activity
- Communication scripts ideas
- Difficult conversations activity
- Sleep test
- Resilience bucket model activity
- Elements of trust model
- Mental health scale model
- Meal planning templates
- Template meal plans

We don't charge for any of these resources as they are provided as part of our onsite intensive 3 day program.

Learning & Development:

We offer a **three-day intensive resilience training program**, which includes in-person training at our award-winning Waikato property. These specialised Resilience Retreats offer valuable training with six 90-minute workshops, **covering practical tools and strategies focused on building resilience and coping with overwhelm, mental and emotional pressure and helping individuals move forward**. The following six workshops are included as part of the 3 day training program:

1. **Mental health and resilience:** Tools to assess & monitor your own mental health, the warning signs, strategies at each stage of the scale, & recognise signs in others. Tools for assessing pressure vs productivity (1.5 hrs).
2. **Understanding habits for motivation and productivity:** Understand effective & ineffective habits in yourself & others. Understand our differences. Discover strategies you can use for creating motivation for yourself & your team (1.5 hrs).
3. **Coping with stress:** Assess & recognise the effects of stress on you and your team. Strategies for coping with and overcoming stress & stressful situations for a safer & healthier working environment (1.5 hrs).

4. **Essential energy:** Identify risks of burnout. Understand the essential energy pillars needed to increase performance, effectiveness, & build greater resilience in the workplace (1.5 CPD hrs).
5. **Switching off for satisfying sleep:** Understand how performance can be enhanced by understanding your own effective & ineffective sleep patterns & how to reset them. Building boundaries around sleep (1.5 CPD hrs)
6. **Confident communication:** Tips & strategies particularly around spearheading difficult conversations in any setting. Foster strong relationships built on honesty & respect with confidence by addressing issues before they get out of hand (1.5 CPD hrs).

This three-day training program is offered in-person, on-site. Registration costs are as follows and are all inclusive of the six workshops and the entire program.

- Day-stay cost (no accommodation) \$652.17 + GST pp (\$750 incl GST). Includes: attendance to three-day training program, all meals, 6 in-person resilience workshops, access to all on-site facilities, access to our online follow up program.

If an attendee wishes to stay on site during the training, we will invoice them separately for the accommodation portion of their booking.

The program can be attended by one individual (such as a business owner) or as part of a group from one organisation, dates for the program are fixed (were listed in our online application) and the program is run at least once per month. More program dates can be added to meet demand.

In-person therapy/support:

This service is provided on-site as part of the program only. Appointments are available for one on one time with each of our subject-specific presenters on request.

Other questions:

- Is your organisation currently registered with Auckland Unlimited? **YES-registered for business advice, implementation and one to many workshops.**
- Have you worked or are working with the Ministry of Health? **NO.**
- Would you be happy to give a business owner a 30-minute complimentary consultation? **YES**

Contact:

Joelene Ranby

DDI: 027 631 7413

joelene@resilienceretreats.co.nz

joelene@resolutionretreats.co.nz

www.resilienceretreats.co.nz