



Wellbeing Workshop

First Steps Package Application

Package One

Rewiring for Wellness Package with Wellbeing Workshop's Kristy Von Minden

Facilitator Bio - Kristy Von Minden

Kristy is a sought-after keynote speaker, presenter and facilitator. She is an Accredited Ovio Mindfulness Teacher and has a Bachelor of Communications Degree from Auckland University of Technology. She holds a certificate from Berkeley University for The Science of Happiness and is an Accredited Mindfulness Kids Coach. Specialising in science-based strategies to reduce stress and enhance health, happiness and performance amid the heady pace of the 21st Century and the global pandemic.. Kristy has over 10 years of experience developing, designing and facilitating workshops for some of New Zealand's leading organisations. Content is an aggregation of her own training and also research from the most respected Universities and Medical Experts in the world. With an extensive corporate background and management experience, Kristy intimately understands the stressors and pressures of the modern workplace. A champion of positive change for workplace culture and employee care.

Learning & Development

Wellbeing Workshop (in association with AJ Hackett Bungy) has designed and developed this package to support Auckland business owners and their employees through the Covid-19 pandemic. This 9 week programme will assist business owners with building a solid foundation of habits and behaviours that are known to boost wellbeing. Focusing on things that can be controlled, will assist with managing any feelings of anxiety and fear about the future. This science-based programme explores some of the basic factors that underpin sustainable physical and mental wellbeing; emotions, habits, stress management, mindfulness, sleep, performance and implementation planning. Make a positive difference to your wellbeing and set yourself up for success in 2022.

9 week course

1 x Pax \$3,000 + gst

2 x pax \$3,500 + gst

Includes;

- Half day in person workshop (morning tea) + AJ Hackett Sky Jump.
Location: Sugar Club, Auckland Sky Tower
- 6 x 45 minute online group webinars.
Modules cover; Habits, Stress Management, Mindfulness, Sleep, Performance & building an action and implementation plan for ongoing positive mental health & wellbeing.
- Handouts, support links/resources and worksheets



Package One - Outline

Rewiring for Wellness Package with Wellbeing Workshop's Kristy Von Minden

1. Module One

The Ultimate Emotions Masterclass + AJ Hackett Sky Jump (half day on-site at Sky Tower)

There are two parts to this experience. Part One - Wellbeing Workshop's Kristy Von Minden, will guide the group through understanding and processing difficult emotions, equipping them with science-based strategies and tools to help them overcome difficult times and reach their full potential. Part Two - AJ Hackett Bungy New Zealand takes each participant on a journey towards potentially doing a Sky Jump. By applying what they have learned from Part 1 of the course, and under the guidance of Jump Masters and Kristy Von Minden, the participant can make their way through the journey leading up to a Sky Jump – stopping any time they wish or pushing all the way through to make the jump.

2. Module Two (Two weeks after the event) - 45 minute Zoom

Debrief Session

Follow up on the workshop and experience - what have you learnt, what strategies have you used, what impact has the workshop / experience had on you so far. Plus the 'Science of Habits' how you can start to embed learnings to become habitual.

3. Module Three (Three weeks after the event) - 45 minute Zoom

Science of Stress

We'll explore the science of stress, looking at the mind-body connection, where stress comes from, what's happening when we are in the stress response and most importantly, how neuroscience tells us we can rewire our brain in eight weeks to be calmer. Learn how to go from stressed to calm in minutes and how to work with your brain's natural wiring so you are calmer, more creative, productive and of course, happier and healthier. We can't stop stress but we'll explore why stress itself isn't the problem and what we instead need to be focusing on to build our resilience.

4. Module Four (Four weeks after the event) - 45 minute Zoom

Mindfulness

Understand exactly what mindfulness and meditation are as we explore their definitions and practical examples, walk away with resources and meditations to try, understand the changes meditation makes in the brain, explore and learn the science of mindfulness and meditation.

5. Module Five (Five weeks after the event) - 45 minute Zoom

Make Sleep Your Superpower

Learn the secrets of a good night's sleep, understand how lack of sleep affects your body and mind, discover your personal sleep chronotype and walk away with a sleep plan. After this workshop you'll understand why getting a good night's sleep is one of the most important things you can do for your health, happiness and productivity at work.



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6. Module Six (Six weeks after the event) - 45 minute Zoom

User Guide For Your High Performance Brain

Our brain dictates everything about the human experience from the quality of our thinking, how we regulate our mood right down to our physical health, yet most of us don't know too much about our brain and how to work with its wiring. We'll give you a user guide for your high performance brain and arm you with 10 easy hacks to optimise your thinking, creativity, focus and productivity during the work week

7. Module Seven (Eight weeks after the event) - 45 minute Zoom

The Ultimate Action Plan

Bringing your learning and experiences together to create a plan for success.



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Package Two

Redefining Stress & Managing Uncertainty with Wellbeing Workshop's Carley Nicholson

Facilitator Bio - Carley Nicholson

Previously a Director and General Manager of an award-winning IT company, Carley has a passion for staff and customer engagement, aligned with effective communication, integrity, and personal health and wellbeing. An Accredited Resilience Coach with the Resilience Institute, Carley loves working with businesses and leaders, to educate people on effectively coping with adversity, building their resilience, and living their life with purpose and flow. Carley believes passionately that the principles of effective leadership and wellbeing transition across industry sectors, empowering career fulfillment and impacting commercial results. Her particular areas of passion and expertise is around personal wellbeing and resilience, and how this contributes to effective business leadership, thriving families and healthy communities.

Learning & Development

Wellbeing Workshop (in association with AJ Hackett Bungy) has designed and developed this package to support Auckland business owners and their employees through the Covid-19 pandemic. This 9 week programme will assist business owners to better manage stress and build resilience in challenging times. This science-based programme is designed to boost long term mental and physical wellbeing by building up resources that are proven to promote positive change; stress management, sleep, happiness, mindfulness and personal effectiveness. This practical and engaging package will help participants embed simple principles that if practiced regularly will build resilience and help business owners to better navigate tough times.

9 week course

1 x Pax \$3,000 + gst

2 x pax \$3,500 + gst

Includes;

- Half day in person workshop (morning tea) + AJ Hackett Sky Jump.
- Location: Sugar Club, Auckland Sky Tower
- 6 x 30 - 45 minute online group webinars.
Modules cover; Stress Management, Resilience, The Power of Play, Magic of Mindfulness, Personal Effectiveness and developing a Stress Less - Action and Implementation Plan, for ongoing positive mental health & wellbeing.
- Handouts, support links/resources and worksheets



Package Two - Outline

Redefining Stress & Managing Uncertainty with Wellbeing Workshop's Carley Nicholson

1. Module One

Redefining Stress workshop + AJ Hackett Sky Jump (half day on-site at Auckland Sky Tower)

There are two parts to this experience. Part One - Wellbeing Workshop's Carley Nicholson will guide the group through; understanding how their mind and bodies respond to stress and learning effective science-based strategies for better managing stress, building improved health, resilience and wellbeing. Part Two - AJ Hackett Bungy New Zealand takes each participant on a journey towards potentially doing a Sky Jump. By applying what they have learned from Part 1 of the course, and under the guidance of Jump Masters and Carley Nicholson, the participant can make their way through the journey leading up to a Sky Jump – stopping any time they wish or pushing all the way through to make the jump.

2. Module Two (Two weeks after the event) - 30 minute Zoom

Debrief Session

Follow up on the workshop and experience - what have you learnt, what strategies have you used, what impact has the workshop / experience had on you so far....

3. Module Three (Three weeks after the event) - 30 minute Zoom

Sleep workshop

How to secure quality and quantity of sleep for health, concentration, mood, and effectiveness.

4. Module Four (Four weeks after the event) - 30 minute Zoom

Power of Play workshop

Harnessing the power of play and fun for performance, creativity, and managing stress.

5. Module Five (Five weeks after the event) - 30 minute Zoom

Magic of Mindfulness workshop

How to relieve stress and anxiety, improve mental health and improve performance through effective mindfulness techniques.

6. Module Six (Six weeks after the event) - 30 minute Zoom

Personal Effectiveness

Be the best version of yourself - managing your energy and time to help you be more effective and efficient, cultivate good habits and find joy.

7. Module Seven (Eight weeks after the event) - 30 minute Zoom

Stressless Action Plan

Bringing your learning and experiences together to create a plan for success.