

**SPECIAL OFFER – MENTAL HEALTH AWARENESS WEEK 2024
WEBINAR DETAILS**

From now until the 1st May 2024, we're offering the following special prices:

- Book any three webinars from our Promotion Package for £1900 - over 15% off (that's a saving of £350)
- Book all six webinars from our Promotion Package for £3100 - over 30% off (that's a saving of £1400)

Leadership Webinars	1. The Neuroscience of Leadership	2. Psychological Safety in Good Times and Bad	3. How to Have Difficult Conversations
All-Team Webinars	4. The Six Pillars of Resilience	5. The Power of Kindness	6. Inspiring and Sustaining Healthy Habits

For more details, please email olivia@charlottewiseman.com.

1. The Neuroscience of Leadership

Do you want to learn how to be a more influential leader - to be more effective at leading others and yourself? Drawing on 35 years of research into the neuroscience behind leadership, we can turn the soft skills of professional development into hard skills to thrive in the face of challenges and improve our own and our teams performance.

This course will offer practical frameworks to help people move from seeing problems only as challenges to overcome, to seeing them as a series of opportunities to be realised, improving engagement and business outcomes. It will explore how to use the biopsychology of the brain to promote engagement, boost collaboration, overcome resistance to change and unlock innovation through positive conversations with individuals, teams, and clients.

Key learning points include:

- An introduction to the neuroscience and biopsychology of solution-focused thinking
- Tapping into peoples motivation and inspiring others
- A structured approach to effective positive problem-solving that leaders can use with teams or clients
- Practical steps to optimize growth mindset and enhance retrospective learning

2. Psychological Safety in Good Times and Bad

Psychological safety is the shared belief of team members that they are welcome to share their ideas, ask questions, learn and raise potential concerns without being rejected, humiliated or unfairly punished. This boosts collaboration, productivity and engagement. Conversely, when teams don't feel psychologically safe, this drives mistrust, low morale, stress and anxiety.

This course will dive into the science of psychological safety and provide leaders with an evidence-based framework to understand the hidden contributors and untapped opportunities that make a psychologically safe environment. It will include small group discussions and practical activities, equipping leaders with the tools to maximise their impact, influence and unlock their teams potential.

This workshop will include:

- A science backed framework to understand psychological safety, unseen risks and opportunities to cultivate it in the modern workplace.
- Identifying protective factors and barriers that promote or prevent psychological safety in the workplace.
- Uncovering new opportunities to go above and beyond, creating a psychologically safe workplace where people can thrive.
- A practical toolkit of daily practices, mindsets and behaviours to create a culture of psychological safety.

3. How to Have Difficult Conversations

As a leader, it is important that we are able to communicate both positive and negative information and feedback to our teams, no matter how hard it may feel. This includes passing on difficult messages, managing conflict and telling uncomfortable truths. Confidence, respect and vulnerability are all pivotal, all while balancing authenticity and professionalism. So how can we put this into action?

This course will explore practical methods to help delegates navigate difficult conversations in the workplace. Contents can be adapted for all levels of the organization, teaching participants how to approach situations and enter conversations with a positive mindset, so they can work with people to reach an understanding and create a work environment that facilitates engagement, productivity and thriving.

Key learning points include:

- A science-backed model to manage conflict more effectively
- Techniques to deliver feedback more effectively, address challenges and issues more positively, and unlock more positive, solution-focused thinking.
- How to manage emotions and remain professional during a difficult conversation
- The importance of empathy during difficult conversations

4. The Six Pillars of Resilience

Resilience is not only what allows us to bounce back from life's challenges, it is also about what helps us move forward with confidence after each event and function positively in the midst of change. With resilience, we can bend, but not break, and learn from every experience.

Exploring the relationship between mental, physical, social health and stress, this interactive workshop introduces the science of resilience and the six pillars that build it: health, emotional management, purpose, problem-solving, perseverance, and relationships. It will reflect on individual growth opportunities across all six domains before looking more deeply into the pillars of health and emotional management. As it does so, participants will start to understand the importance of everyday health behaviours, their ability to help manage stress and change, and the impact of emotional exhaustion on the brain.

This will include:

- The science and neuroscience of resilience: Prevention of stress, agility in challenge, and growth through change
- Captain of your ship: accepting and taking ownership of what we can control
- Practical steps to use health habits to boost resilience and thrive through change
- Evidence-based ways to regulate our emotions and boost emotional intelligence and agility

5. The Power of Kindness

Being kind to others has been shown to improve physical health, resilience and confidence. Furthermore, cultivating kindness in the workplace boosts happiness and creative thinking as well as making work more fulfilling.

This interactive session will explore the science of kindness and compassion, introducing practical ways to accelerate kindness towards ourselves and others. These skills for life will help participants shine a light of joy and optimism in and out of the workplace.

We will explore:

- The art and science of kindness, compassion and curiosity
- The importance of self-acceptance and empathy in creating an inclusive and healthy community
- Practical tools to practice kindness in daily life
- A kindness invitation: how can you be a force for good?

6. Inspiring and Sustaining Healthy Habits

Why are some habits so hard to start, and others so hard to break? Why do commitments to ourselves often fall to the bottom of our priority list when life gets busy? Why do we resist certain activities and habits, even when we know habits are good for us?

Trying to cultivate positive change and establish new habits can be hard, and often set backs can leave people feeling deflated, demotivated and disheartened. This practical webinar has been designed to change this cycle and set people up for success, using science-backed steps to sustaining positive habits.

This will include:

- Demystifying habit-formation and understanding the common barriers to change
- Understanding the 'What? Why? How? When? and Who?' of building positive habits
- Exploring the four tendencies and how to adapt habit-building approaches to suit individual styles
- Introducing the 10-minute habits that boost your willpower for long-term success

Email olivia@charlottewiseman.com for more details.