



As we have been transitioning back to the workplace, people are continuing to process their experiences and cope with the ongoing uncertainty of COVID-19. Transitioning Well equips leaders and teams with skills and insights to continue to manage the ongoing transitions and are committed to partnering with you to 'build back better'.

FOR TEAMS

WEBINARS/WORKSHOPS

- **Hybrid Ways of Working:** Navigating the early transition to hybrid work and return to office
- **Balance to Boundaries:** Rethinking the intersection between work and life
- **Work-Life Transition Tactics:** Skills and strategies for work-life wellbeing
- **The Shadow Pandemic:** Identifying signs of burnout and strategies to protect our wellbeing
- **Remote Communication:** Practical tools for effective and value based virtual communication
- **Loneliness Unlocked:** Strategies to cope with loneliness and isolation through COVID-19
- **Overwhelmed:** Helping to make sense of transition and build tailored resources
- **The Certainty of Uncertainty:** Learning to cope with the ongoing uncertainty of pandemic life

NEW

Languishing: A heads up on the feeling of 'blah' and practical strategies towards flourishing

NEW

Far from Home: Exploring the impact of long term international border closures upon family connection and wellbeing

TEAM MEMBER TRANSITION COACHING

As a follow-up to the webinars or as a standalone service our transition coaching supports sustainable wellbeing and the development of a tailored COVID-19 Transition Wellness Plan.



COVID-Normal: Supporting your people to thrive in uncertainty

FOR LEADERS

WEBINARS/WORKSHOPS

- **Mental Health for Managers:** Looking after yourself and your team
- **Leading COVID Transitions:** Maintaining engagement, productivity and wellbeing
- **Managing the Psychology of Sustained Disruption:** Mitigating risk and protecting wellbeing

LEADERSHIP TRANSITION COACHING

Transitioning Well's leadership coaching program protects wellbeing and promotes performance for leaders including building tailored boundary management tactics and the completion of the GLWS (Global Leadership Wellbeing Survey).

Note: As we return to the workplace, please talk to us about the delivery option that best suits your unique situation including virtual, face-to-face or a hybrid approach.

DON'T FORGET ABOUT OUR COVID-19 TOOL BOX SERIES

The Seven Foundation Tools of Transition—a creative way to build practical wellbeing skills – [click here](#)



What we know for certain is that the world has changed, and that managing transition is the new core leadership skill.

Services can be offered as a 'one off' or packaged up to best fit with your organisation's needs and budget. Bespoke services are also available. To find out more information please contact:

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