



As the coronavirus pandemic continues to disrupt our working lives, people are continuing to process their experiences and cope with the ongoing uncertainty. 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

- NEW** **Languishing:** A heads up on the feeling of 'blah' and practical strategies towards flourishing
- NEW** **Finding 'Flow':** Building practical tools to reduce languishing and protect wellbeing at this time
- NEW** **Far from Home:** Exploring the impact of long term international border closures upon family connection and wellbeing
- NEW** **Living and Working with Purpose:** Taking a practical approach to finding our way and why through COVID-19
- NEW** **Lockdown Learnings:** A recap on the COVID context and strategies to project our wellbeing for the long-haul
- NEW** **Home Learning Hacks:** Practical tools to support your kids through home learning and beyond (*primary and secondary school version available*)
- The Loneliness of Lockdown:** Strategies to cope with loneliness and isolation through COVID-19
- Working from Home with Kids and Others:** How to maintain our attention, energy, wellbeing and focus
- The Certainty of Uncertainty:** Learning to cope with the ongoing uncertainty of pandemic life



# COVID Wellness Webinar Series

- 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
- Overwhelmed:** Helping to make sense of transition and build tailored resources
- Future Ways of Working:** Navigating the early transition to hybrid work and return to office

## FOR LEADERS

- Mental Health Essentials for Leaders:** 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

### 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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