

Moving Forward in 2022: Recovery and proactive wellness support

Our Toolbox Series consists of seven transition tools that showcase evidence-based information from transition theory, wellbeing science, organisational psychology and positive psychology.

The modern world was a complex place even before the significant disruption caused by the COVID-19 pandemic. We have more demands on our attention and time than ever before in human history. To complicate matters, people in modern societies also tend to override the need for rest and recuperation.

The series is designed to support individuals and teams to better manage stress, create opportunities for recovery, and help prepare for future transitions with a more complete view of wellness.

About Us

LEADERS IN WORK-LIFE WELLBEING SUPPORT

Transitioning Well works with forward thinking companies to support their people through work-life transitions. All Transitioning Well consultants are registered psychologists and accredited to run our programs nationally.

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Remember that work and life coexist. Wellness at work follows you home and vice-versa. The same goes for when you're not well, fuelled, or fulfilled. Work and life aren't opposing forces to balance; they go hand in hand and are intertwined as different elements of the same person: you.

Melissa Steginus

The Wellness Toolbox Series

ONE HOUR INTERACTIVE SESSIONS

SESSION 1: Getting out of Autopilot Grounding techniques for daily life.

Grounding exercises that remind us how to take a few minutes, get out of our heads and get back into the day.

SESSION 2: When Switching off is the Goal How to relax and detach from work.

The top five relaxation strategies from the research, with practice in breathwork and progressive muscle relaxation.

SESSION 3: Calm that Monkey Mind Everyday mindfulness introduction and practice.

The science of mindfulness and several short exercises to see what style suits you best.

SESSION 4: Being Nicer to Ourselves Self-compassion for work and home.

We'll discuss why we're designed to be kind and practice giving ourselves a 'self-compassion break'.

SESSION 5: What really matters? Getting clear on our values and non-negotiables.

All the tools you need to discover what's really important right now and get moving in that direction.

SESSION 6: Attitude of Gratitude The science of gratitude and connection.

Practical exercises to help us Hunt The Good Stuff in everyday life.

SESSION 7: Circle of Influence Focusing our actions & energy on what we can control.

Using models to guide us, we discuss concrete ways to focus on action and performance while acknowledging the things we need to let go.

Choose your own Toolbox—customise the number of sessions and the order of them to create the program you require.