

TRANSITIONING  
WELL 

# LEARNING CATALOGUE



LIVING WELL.  
WORKING WELL.



All sessions are designed with an intended duration of one hour, however topics can also be customised for a longer duration to provide a deeper dive if required.

We highly recommend that participant numbers are limited to maximise the learning outcomes for individuals. Sessions are delivered either virtually or face-to-face on the client site.

For any topics you're interested in from this catalogue, the TW team can send a session outline that includes the learning outcomes.

Alternatively if you'd like to discuss a customisation of a standard topic, or a fully bespoke session, please reach out to our team at [learning@transitioningwell.com.au](mailto:learning@transitioningwell.com.au) and a scoping meeting will be arranged to discuss your specific needs.

## **LEARNING SERIES**

**WELLBEING FOR LIFE SERIES**

**BEING WELL @ WORK SERIES**

**FOCUS @ WORK SERIES**

**THINKING DIFFERENTLY @ WORK SERIES**

**BEING A WELLBEING LEADER SERIES**

# WELLBEING FOR LIFE SERIES

This 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.



## 1. Getting out of autopilot:

### Grounding techniques for daily life

This session provides participants with insights and tools focused on understanding the brain's 'autopilot' and learning how grounding techniques can be used in everyday life and work.

## 2. When switching off is the goal:

### How to relax and detach from work

This session provides participants with insights and tools focussed on understanding the stress and relaxation responses, and practical ways to 'switch off' so we can relax and detach from work.

## 3. Calm the monkey mind:

### Everyday mindfulness practice

This session provides participants with insights and tools focussed on how to overcome the chaos that can sometimes overwhelm our minds through everyday practice of mindfulness.

## 4. Being nicer to ourselves:

### How to practice self-compassion

This session explores the biological basis of self-compassion and the evidence for its benefits. Participants will be invited to practice the art of giving ourselves a 'self-compassion break'.

## 5. What really matters?

### Getting clear on values and non-negotiables

This session provides an opportunity to explore and refine your values and consider what is meaningful for you. The session introduces tools to discover what's important to individuals right now so they can get moving in that direction.

## 6. Attitude of gratitude:

### The science of practicing gratitude

This session introduces the concept of gratitude and provides a range of practical gratitude techniques that will help participants 'reinforce the good' in our work and lives.

## 7. Circle of influence:

### Focusing our energy on what we can control

This session explores models from organisational settings and sports psychology to understand concrete ways to:

- Assess what we can control.
- Focus on action and performance in those areas.
- Acknowledge when to let go.

# BEING WELL @ WORK SERIES

This series explores the importance of improving our health and wellbeing in the context of the workplace to be able to perform and thrive at work.



## 1. Health reset:

### Making healthy habits part of routine

This session unpacks the many (many) reasons why our health and wellbeing may slip during times of change and the strategies we can put in place for a reset on our health and wellbeing goals.

## 2. Managing full plates:

### How to overcome stress overload

This session enables participants to appreciate different ways to 'lighten our load' and reinforces that we can be effective in the face of a 'full plate' even when we can't remove what's causing the stress.

## 3. The fatigue antidote:

### How individuals can regain energy

This session enables participants to recognise the signs of workforce exhaustion and provide practical strategies that individuals can use to combat fatigue and help your team create their own 'fresh start' moments.

## 4. Preventing burnout:

### Implementing strategies to protect wellbeing

This session provides individuals with insights into the 'culture' of burnout that has emerged in the shadow of the modern, blended workplace and offer practical approaches for sustained wellbeing.

## 5. Living and working with purpose:

### Finding our way and why in a changing world

This session helps participants understand why having a purpose and meaning in life is important to living a fulfilling and content life, supporting our wellbeing.

## 6. Compassion fatigue:

### How to curb the cost of caring

This session provides participants with insights informed by current research and tools focussed on understanding compassion fatigue and vicarious trauma, what it is, who is at risk—and critically—ways to prevent and manage it.

## 7. Cultivating connection:

### Strategies to combat loneliness

This session provides individuals with insights into misperceptions of loneliness really means, and how an individual can cultivate meaningful connections in the workplace to create a sense of belonging at work.

## 8. Check in culture: How to ask someone R U OK

This session explores the concept of a 'check-in' culture where peers are able to create safe places for themselves and colleagues to regularly check in with each other and ask R U OK.

## 9. Navigating change:

### When uncertainty is the only certainty

This session explores common individual emotional responses to change at work, and unpacks practical strategies to support managing anxiety, worry and stress.

# FOCUS @ WORK SERIES

This series explores practical life-work boundary management tools and strategies to improve life-work integration.



## 1. Tech reset:

### How to minimise technoference

This session promotes intentional approaches and cultivate digital wellness habits to harness the benefits of technology and lessen its impact.

## 2. Life-work transition tactics:

### Building strategies for life-work wellbeing

This session helps individuals to develop practical life-work boundary management tools and applies these strategies through the sharing of best practice.

## 3. Finding flow:

### Establishing flow in chaotic environments

This session introduces techniques that provide opportunity to capitalise on getting into a state of 'flow', with complete absorption in activity, especially in busy environments where distractions are rife.

## 4. Setting boundaries:

### Drawing a line between work and home

This session deep dives the techniques of setting clear boundaries between work and home to create a clear delineation between entities within life to support health and wellbeing.



# THINKING DIFFERENTLY @ WORK SERIES

This series explores tools and strategies to understand ourselves and others and be able to develop our thinking patterns to think differently and creatively.



## **1. Emotional intelligence:**

### **Interpreting your feelings to understand others**

This session provides practical tools and strategies to become aware of emotions in ourselves and others, and to develop a language to discuss them.

## **2. Paradox mindsets:**

### **Thinking differently when things aren't black and white**

This session explores the idea of paradoxes and why paradoxical thinking is a critical skill in achieving solution-focused thinking.

## **3. Neurodiverse thinking:**

### **Harnessing the power of diverse thoughts**

This session explores the concept of neurodivergent thinking and how leaders and teams can embrace diversity of thought to enhance and drive creativity and innovation.

## **4. Building confidence:**

### **Overcoming imposter syndrome**

This session unpacks imposter syndrome and equip individuals with practical strategies to overcome it by understanding internal beliefs and how to reframe them to build confidence in ourselves.

## **5. Adaptable minds:**

### **Building AQ in an ever changing world**

This session explores the concept of adaptability and provide practical strategies on how individuals can build up their Adaptability Quotient (AQ) to be able to respond flexibly and effectively to changes that occur in a work environment.

# BEING A WELLBEING LEADER SERIES

This series helps leaders to manage risks and use supportive tools and strategies to lead healthy and productive teams.



## 1. Safe to speak:

### Cultivating psychological safety

This session introduces three practical approaches to building psychological safety and help leaders develop a culture of high performance, growth and learning for their teams.

## 2. Leading well teams:

### Creating a culture of team wellbeing

This session provides leaders with insights and practical tools focused on equipping them to rise to some of the leadership challenges of the changing world of work, particularly having supportive conversations.

## 3. Preventing boss burnout:

### How to support self as a leader

This session explores the unique impact of the being a leader has, especially in busy and chaotic environments. This session will focus on supportive strategies for those who provide the support, such as leaders.

## 4. Fatigue antidote:

### How leaders can overcome fatigue within teams

This session enables leaders to recognise the signs and symptoms of workforce exhaustion and provide practical strategies to combat team fatigue by role modelling best practice.

## 5. Leading psychosocial safety:

### Identifying and managing psychological hazards

This session provides information to help leaders identify and manage psychosocial risks that may be present in teams to support creating workplace environments that are healthier for all.

## 6. Navigating change for leaders:

### When uncertainty is the only certainty

This session explores how leaders can support themselves and others in responding to changes at work. This session will look at understanding the common emotional responses to change, and learning practical strategies in managing anxiety, worry and stress.

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