

Mindset to Thrive Workshops

SIMPLE CHANGES TO IMPROVE WELLNESS AT WORK



Up To 71% of employees aren't performing at their best which means you are not getting the outcomes you need to win.

Our workshops and resources are focused to improve and create healthy mindsets which affect overall wellbeing, energy and performance of your employees. **To have, do and be more.**

Designed to be specifically interactive, fun and engaging, whilst being informative. With tools, tips and strategies that can be used daily, both at work and in your private lives.

Research has proven that EQ (emotional intelligence) is a far better indicator of business success than IQ. Our programs are tailored to your unique needs and we offer supportive half-day and full day workshops.

***'Be the ENERGY
you want to
ATTRACT'***

Stepping Out of Stress



Stress has reached epidemic levels, what with the uncertainty of our economic environment and the constant need for innovation, this dramatically increases the amount of pressure we are under at work.

Our exposure to social media with constant social comparison and our ever-growing financial needs, generates a deep sense of anxiety.

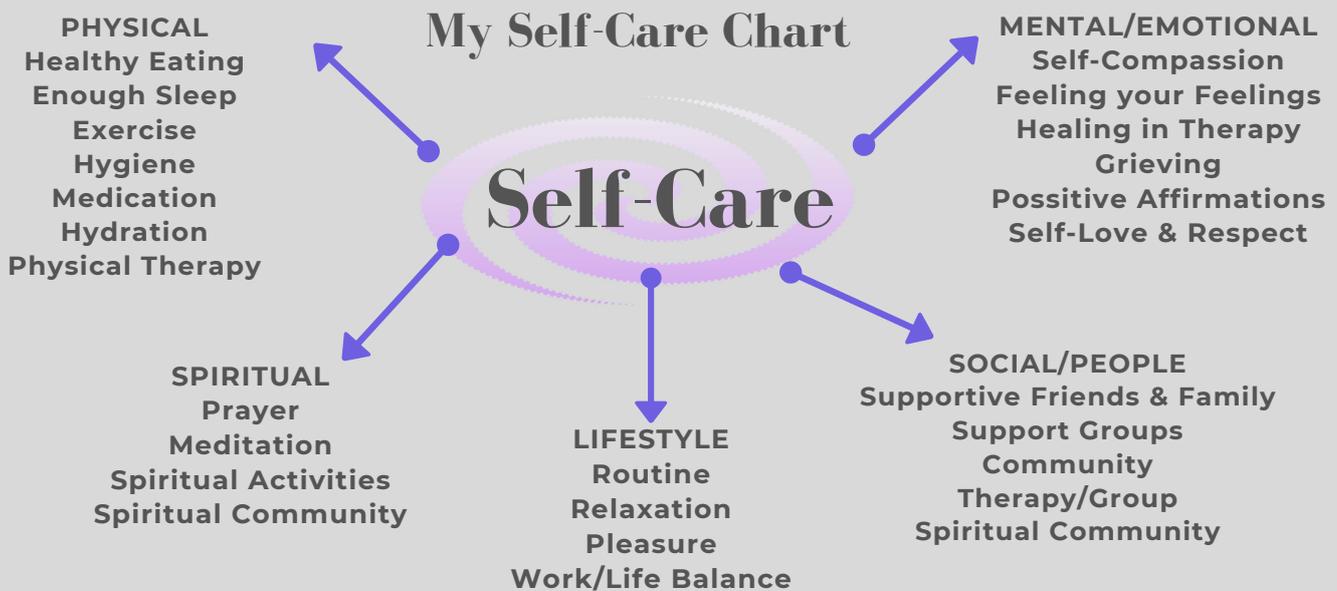
Research demonstrates that once you have tamed stress, you become healthier, more focused, more productive, more creative, your emotions are more balanced, your interactions with others are more enjoyable and your life becomes more manageable and even more fun - you become happier!

Our workshops highlight the choices for participants to choose how day to day situations can affect them, giving them a good understanding and awareness that is often overlooked.

“It's not the load that breaks you down, it's the way you carry it.”

Lou Holtz

Self-Care



Self-care teaches how to reclaim time for daily nourishment in both mind and body to better manage stress and boost resilience. Self-care is a concept that when actioned will have a positive affect holistically.

Our workshops are designed to explore the reasons why we need self-care and breaks through the barriers to engaging daily acts of nourishment. Participants will be empowered with time and energy armed with efficient ways to unwind, re-energise and lift their vibrations and moods.

“Self-care is giving the world the best of you, instead of what's left of you.”

Katie Reed

Personal Development



Usually personal development is on the back burner of life!

We use a framework which is most practical, it helps you map out each area of your life and easily evaluate whether that area is in line with where you want it to be.

It is now time to stop ignoring our own growth and start a personal development plan, taking more care over the focused steps forward within our own personal evolution and expansion.

***"Personal Development is a major time-saver.
The better you become, the less time it takes to
achieve your goals."***

Brian Tracy

Mindset to Thrive Workshop Packages

OUR INDIVIDUAL WORKSHOPS ARE DESIGNED TO...

**Build Personal Resilience Skills - Manage Stress More Effectively -
Identify & Recognise Different Thinking Traps - Challenge your Own
Thoughts - Reclaim Daily Nourishment for Self-Care**



Mindset to Thrive is a series of four workshops designed to be short, sharp, highly interactive and packed with tools, tips and strategies that can be used in your daily lives, both at work and at home. The Mindset to Thrive series is designed to run monthly starting with a 90 minute induction workshop for a maximum of ten participants.

After each workshop, participants are set a range of tasks and exercises to implement into their daily routines with takeaway workbooks to support. There will be access to related podcasts, meditations and online support. Each month will commence with a workshop refresher section to discuss and answer any questions participants may have following the tasks they have incurred.

Investment of **£897** for a 90 minute Induction Workshop

Investment of **£3597** for a series of four Monthly Workshops

Minimum of 10 participants, prices to be advised for larger workshops

Mindset to Thrive Annual Wellbeing Strategy

SIMPLE CHANGES TO IMPROVE WELLNESS AT WORK

Depending on what is already in place within an organisation, clients can select the appropriate support, training, services to complement existing initiatives and resources to tailor their needs.

What are the benefits of an Annual Wellbeing Strategy?



We can support you as much or as little as you need, in order to ensure sustainability organisations are opting in to our annual commitment to a Mindset to Thrive Annual Wellbeing Strategy. This will not only add value, it is an ideal way to identify, plan and manage resources to secure a highly effective project for the year ahead.

Our range of products, resources and support combined deliver innovative, inspiring and interactive initiatives for the individual and whole organisation.

All our workshops are bespoke to the organisational requirements and what's more in our 12 month package you get one month free!

Annual Investment of £9867

Minimum of 10 participants, prices to be advised for larger workshops

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