

Workshops



All Workshops involve an inquiry-based approach to learning where participants are engaged through questions, interactive activities, opportunities for self-reflection and practical application.

Workshops are also tailored to the specific needs of participants.

Workshops can delivered be in-person or on-line.

WORKSHOP TITLES

Stress management for Enhanced Wellbeing

- Understand different types of stress and how this impacts wellbeing
- Learn to implement research supported coping strategies for stress management

Positive Leadership for a Better Workplace

- Understand the principles and practices of positive leadership
- Learn practical strategies to stimulate extraordinary performance with your team, employees and organisation.

Integrating Mindfulness

- Understand the theory, research and practice of mindfulness
- Learn practical strategies to integrate mindfulness into your daily life



Enhance your Child's Wellbeing

- A practical workshop for parents that focuses on positive parenting and enhancing wellbeing.

Enhance your Students' Wellbeing

- A practical workshop for educators that focuses on positive education and enhancing wellbeing.

Enhance your Wellbeing

- A practical workshop for individuals.
- Learn to take charge of your wellbeing by understanding what impacts your wellbeing and being empowered to make positive changes.

Unleash your Character Strengths

- “Character Strengths are the positive parts of your personality that impact how you think, feel and behave and are the keys to you being your best self.” – VIA Character Institute Strength
- Science has now repeatedly proven that it is building on people’s strengths, rather than fixing their weaknesses that unleashes their potential.
- Learn to identify, apply and give feedback on character strengths

Not seeing the workshop that you want? Then just ask!

Workshops can be designed and tailored to meet specific goals and needs of the target group

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