



Webinar Menu

1. Introduction to Resilience - using the “Mental Toughness” 4C Model

Resilience is multidimensional and much debate exists regarding what it is. In this webinar, we'll explore the scientific concept of Mental Toughness (MT), to unpack resilience through the lens of the 4C Model: Challenge, Control, Confidence and Commitment. The 4C model is a simple yet powerful approach that helps us understand how we respond to life's challenges and proactively seek them out and embrace them. Research has shown MT helps people cope with adversity and stress. MT has also been strongly linked with academic excellence, sporting outcomes and higher levels of wellbeing.

Learning Outcomes:

Upon completion of this webinar, participants will be able to:

- Provide an overview of the 4C Model of Mental Toughness
- Identify 5 key MT skills
- Assist you in creating a MT Training Plan.

2. Positive Energy Management - the power of positive rituals & energy management for performance & wellbeing

Energy Management is foundational to resilience, wellbeing and performance. In this webinar participants will be introduced to the concept of energy management. Participants will have the opportunity to complete a Positive Energy Audit and reflect on each of the key components of positive energy. Participants will learn key strategies for enhancement of energy including meditation, exercise, diet and sleep and the inclusion of positive daily rituals. In addition, the emotional and social contagion effect of leaders to their teams will be discussed highlighting the importance of maintaining positive energy and being a positive energiser.

Learning Outcomes:

Upon completion of this webinar, participants will be able to:

- Describe the key components of energy management
- Identify which components require focus and commitment for enhanced positive energy;
- Recognise the importance of the creation of daily and weekly positive rituals;
- Commit to implementing one action to enhance positive energy.

3. Emotional Agility - introduction to psychological flexibility, and values-based action (the basics of ACT: Acceptance & Commitment Training)

Emotional agility is a set of skills for meeting challenges more effectively. In this webinar participants will be introduced to the concept of emotional agility. Participants will learn emotionally intelligent strategies for responding to challenging circumstances. Human vulnerability to reactivity will be discussed and an evidence-based approach to taking intentional action when challenged will be introduced.

Learning Outcomes:

Upon completion of this webinar, participants will be able to:

- Recognize how reactivity undermines performance and well-being.
- Describe a three-step model of emotional agility.
- Identify the mindsets which support intentional action.
- List strategies to dial down defensiveness and increase proactivity.
- Commit to practicing one strategy to meet a current challenge.

4. Powering up Positivity - building a positive mood with a focus on compassion, kindness, forgiveness, gratitude and savouring

In this webinar participants will take a dive into the science of positivity. Much more than merely a pleasant feeling, the experience of positivity changes our ability to work effectively, meet challenges, and collaborate well.

Learning Outcomes:

Upon completion of this webinar, participants will be able to:

- Identify ten positive emotions that contribute to well-being
- Describe how positivity boosts workplace effectiveness
- Understand how positive connections improve performance
- List practical strategies to develop personal positivity and the positivity of others
- Select a positivity practice to apply immediately to increase personal well-being and performance.

5. Scientific Survival Strategies - Surviving and thriving in a VUCA world

In this webinar, we review the broader science of psychology to identify key scientific strategies that have been shown can help us survive and thrive. In the past, these skills were not taught or learnt until a serious event or challenge occurs, and we then seek professional psychological assistance to cope. Some people are fortunate enough to have learned these performance psychology skills for sports or leadership, for example.

Learning Outcomes:

Upon completion of this webinar, participants will be able to:

- Provide an overview of 6 key psychological survival skills.
- Focus in on 3 key skills you can apply right now to reduce stress and anxiety.

- Assist you in identifying at least one key scientific skill to further develop as part of your COVID survival strategy.

6. Emotional Intelligence in Turbulent Times

Through observation we can deepen our understanding of what emotions tell us about our values, beliefs and the things we find meaningful. Owning our emotions, learning from them and positively detaching from them enables us to build new positive behaviours and healthy wellbeing habits.

Learning Outcomes:

Upon completion of this webinar, participants will be able to:

- Define and describe a scientific based model of emotional intelligence
- Provide practical tools to help you observe, learn from and move on from emotions in order to build wellbeing.
- Deepen your understanding of the relationship between emotional intelligence and mindfulness.

7. Positive Leadership Through a time of Crisis

Leading through a time of crisis can take its toll on any leader, no matter how resilient you may be. This webinar explores the best ways to lead in a crisis, in a world full of volatility, uncertainty, complexity, and ambiguity eg COVID-19. The webinar will introduce you to the latest research on positive leadership when faced with a crisis.

Learning Outcomes:

Upon completion of this webinar, participants will be able to:

- Identify ways to remain resilient for the long haul of constant change.
- Plan and make decisions in times of uncertainty and ambiguity.
- Lead your team through volatile change.
- Stay mentally agile and adaptive to the changes ahead.

8. Positive Relationships at Work - building High Quality Connections and Psychological Safety

This webinar explores the role of high quality connections (HQC) in the workplace which are foundational and vital for cultivating and developing perceptions of psychological safety. Mutual care and concern is important in these relationships because the feeling of being known or respected confirms one another's worth and sense of competence, making interaction partners less likely to feel judged or monitored and more willing to offer their viewpoints without fear of harming their image. This allows people to overcome the uncertainty that accompanies working through problems and experimenting with solutions and promotes learning behaviours in organisations which facilitate positive change.

Learning Outcomes:

Upon completion of this webinar, participants will be able to:

- Describe and understand the importance of HQCs
- Learn strategies to improve HQCs through 4 key pathways
- Have opportunities to practice the skills of **engaging respectfully**, through active listening
- Develop individual intentions about continuing or starting specific behaviours that will support HQCs

9. Everyday Mindfulness – reducing stress, enhancing wellbeing and attentional focus

Mindfulness is not about calming the mind, rather it is being able to pay attention to what is happening in the present moment, with curiosity and without judgement. Research has shown that practising mindfulness has a range of positive benefits for our physical and mental health, including helping us to better deal with stress and enhance our overall psychological wellbeing. In addition, mindfulness training can be a powerful avenue for increasing our attentional focus.

Learning Outcomes:

Upon completion of this webinar, participants will be able to:

- Define mindfulness and mindfulness-based stress reduction.
- Give you an opportunity to experience different mindfulness exercises.
- Identify strategies for finding time to practice.

10. Positive Parenting

Parenting is amazing, rewarding, complex and sometimes down-right difficult. We all want our children to be happy, healthy, resilient and competent but they didn't arrive with a user's guide! Whatever your child's age or stage, strategies and evidence for positive ways to parent can be found in the science of wellbeing and the art of behaviour guidance.

Learning Outcomes:

Upon completion of this webinar, participants will be able to:

- Understand the underlying basic psychological needs that we all share and that drives children's learning and behaviour.
- Identify practical and immediate strategies that parents can use to support children
- Identify parental self-care strategies to make positive parenting possible.

11. Self-Care – A key strategy for thriving!

A busy life of challenge and responsibility often sees us prioritise everything else ahead of ourselves. When we discard notions of self-care as pampering and indulgence and reframe it as an opportunity to live our best life, serving others and thriving, our obstacles and objections to self-care fall away. We're free to focus on the simple steps to living life with less stress and greater meaning.

Learning Outcomes:

Upon completion of this webinar, participants will be able to:

- Understand self-care as a tool for coping, resilience and personal growth.
- Identify simple self-care strategies for a thriving life.
- Utilise a comprehensive model for integrating self-care into every day.

12. The Power of Positive Exercise for Peak Performance

During COVID-19 we have been encouraged by the Government to continue exercising safely in order to build and boost our wellbeing levels. When people engage in regular and enjoyable physical activity and exercise they can experience an increase in positive emotions, set and strive for meaningful goal attainment, cultivate deeper connections and experience optimal human functioning and flourishing.

Learning Outcomes:

Upon completion of this webinar, participants will be able to:

- Understand the philosophy, physiology and psychology of exercise.
- Describe how exercise can enhance flow states and other positive psychology principles.
- Identify practical ways to overcome common barriers to making the habit of exercise stick and learn how to make exercise one of your most valued positivity practices.