

Vitae Wellbeing Workshops

2024

Vitae offers a range of workshops focused on supporting and developing the wellbeing of people at work. These workshops are delivered to employees, teams, and organisations and can be adapted to 1-hour, 1.5 hour or 2-hour workshops. They are delivered by experienced facilitators that is matched to suit your people.

The content is practical to ensure participants have the skills and strategies they need to make change. Working in partnership with your People and Culture team, content can be adapted to meet the specific needs of your organisation. We understand that every business is unique, therefore, have different challenges.

Workshops are capped at 15 participants to maximise individual engagement with activities and to enhance a sense of confidentiality and safety in the workshop space. These workshops can be delivered either online or in person.

Managing Mental Wellbeing through Te Whare Tapa Whā

- Landscape of wellbeing in Aotearoa
- The mental health continuum
- Taha tinana (physical)
- Taha hinengaro (mental and emotional)
- Taha wairua (spiritual)
- Taha whānau (family and social)
- Signs to look out for

Understanding and Managing Stress

- Understanding the stress response
- Recognising signs of stress at work
- Tools to reduce the impact of stress
- The bucket model
- Thinking traps and skills
- Boundaries to protect wellbeing

Effective Communication

- Communication styles
- Adapting style to gain understanding
- Barriers to effective communication
- The 4 C's
- Active listening
- Having difficult conversations

Building a Culture of Respect

- What makes a great workplace?
- Role modelling the culture you want to see
- 7 Pou of respect
- Giving and receiving feedback
- Turning differences into strengths
- Empathy vs sympathy, supporting each other

Navigating Change and Uncertainty

- Types of change in the workplace
- Common responses
- Meeting uncertainty with understanding
- Empowerment grip
- Circle of concern, influence, and control
- The 4 A's

Dealing with Conflict

- Accepting conflict
- Reflection and analysis
- Conflict resolution
- Preparing for the conversation
- Maintaining respect and integrity
- Moving forward from conflict

Please contact workshops@vitae.co.nz with any questions.