



Establishing an upward cycle in challenging times

The below **one hour** webinars leverage neuroscience and best practiced principles to provide you with strategies to support an “upward spiral” and sustained wellbeing.

Employee session

This session looks at the neuroscience of extended periods of uncertainty, change, and peak demand and the impact on momentum and motivation. Specifically it provides strategies to re-set, re-energise and re-code the downward spiral through:

- Implementing an emergency relief plan
- Understanding the role of self talk
- Leveraging values, meaning and connection

Leader session

This session looks at the neuroscience of extended periods of uncertainty, change, and peak demand and the impact on momentum and motivation within teams. Specifically it provides strategies to re-set, re-energise and re-code the downward spiral in our teams through:

- Leveraging the neuroscience of motivation
- The role of psychological safety
- Developing S.M.A.R.T. work design

For more information please contact us at learningandwellbeing@cfch.com.au or on 02 8243 1500