



Individual and Group Wellbeing & Care Package

FEBRUARY 2021

**‘Pick & Mix’ -
create your customized program**



Individual Wellbeing & Care Package

Your Wellbeing & Care Package (1)

Work one-to-one with an iOpener expert and/or coach on your choice of topics.

Pick and mix topics to suit your areas of need and interest.

Topics **highlighted in orange** are also available as group sessions.

- **Developing Mindfulness**
- Cultivating a Positive Mindset
- **Sustaining Energy in Demanding Times**
- Building Personal Resilience through Tough Times
- Working in a Pandemic; Caring for my Mental Health
- Developing Empathy and Compassion



Your Wellbeing & Care Package (2)

- Having Conversations for Positive Self-Development
- Strengths-Mapping
- **Working with Positive Psychology**
- Managing Self when Working from Anywhere
- Articulating and Breathing Authenticity
- Developing a Practice of Gratitude
- **Managing Conflict; Enabling Collaboration**

Your Wellbeing & Care Package (3)

- Growing Self-Belief; Overcoming Impostor Syndrome
- **Navigating Uncertainty & Unpredictability**
- **Coping with Organizational Change**
- Managing Your Self-Driven Change Project
- **Growing Happiness at Work**
- **Achieving Your Potential**

Group

Wellbeing & Care Package

The Wellbeing & Care Package for Groups (1)

iOpener has expert facilitators in a number of wellbeing, Positive Psychology and communications topics. Pick one or more topics to create your customized team program.

Topics **highlighted in orange** are also available for one-to-one sessions.

- Sustaining Team Motivation
- Reforming & Performing as a Team Post-Pandemic **NEW!**
- **Working with Positive Psychology**
- **Growing Happiness at Work**
- Achieving Your Potential as a Team



The Wellbeing & Care Package for Groups (2)

- Understanding & Using Emotional Intelligence
- Working with Appreciative Inquiry
- **Developing Mindfulness**
- Promoting Psychological Safety for Optimal Teamwork
- Navigating Uncertainty & Unpredictability
- Growing a Culture of Diversity, Inclusion & Equity
- Having Difficult Conversations
- **Managing Conflict; Enabling Collaboration**
- **Sustaining Energy in Demanding Times**
- Growing Team Resilience

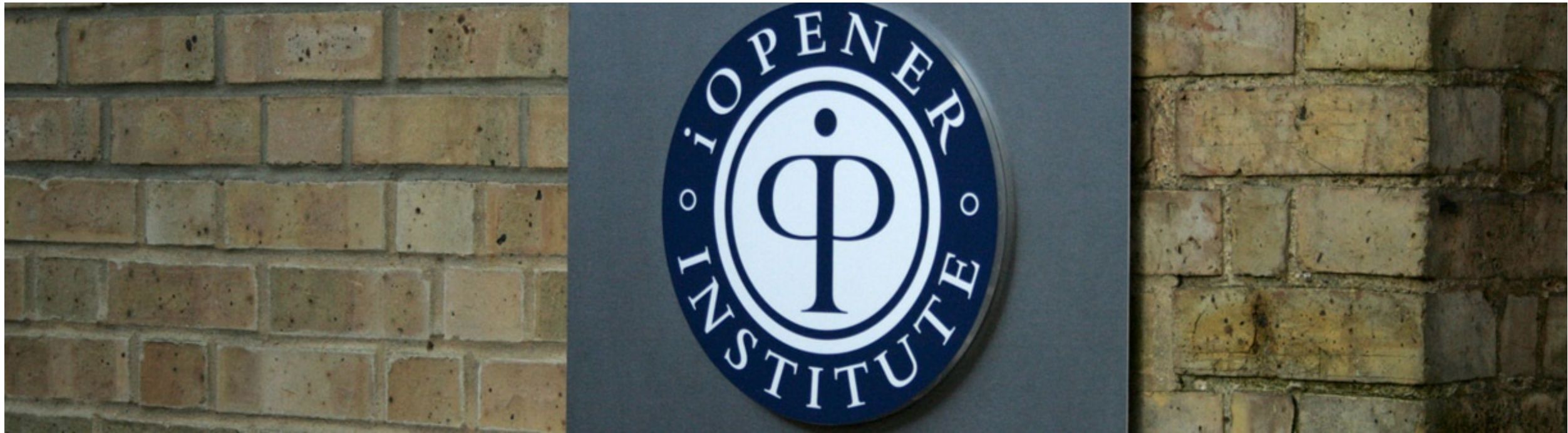
**Let's be proactive about
wellbeing at work**



Shall we talk?

For more information, or to schedule a conversation,
please email katie.demain@iopener.com





For more info please visit www.iopenerinstitute.com

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