

WORKPLACE MENTAL FITNESS & WELLBEING WORKSHOPS

In today's fast paced world, stress and burnout are all too common, leading to decreased productivity and a lacklustre culture.

Studies show that companies with strong wellbeing programmes have:

- a better culture.
- higher levels of commitment.
- lower levels of stress.
- higher employee retention rates.
- better levels of engagement.



“Bhavna has worked with my leadership team and I on mental fitness and wellbeing over the last 18 months.

As a team I think we have become more real and human in our interactions with each other and our teams.

As individuals and leaders, there is no doubt that it has helped us with resilience and being stronger leaders of our teams.”

*Hamish White, Founder, Director & CEO,
NOW New Zealand Limited*

Get in Touch Today

Schedule a consultation with Bhavna to learn more about how our wellbeing workshops can benefit your business



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**Alive!**
PSYCHOLOGY

Empowering You To Live Fully



INVEST IN YOUR EMPLOYEES' MENTAL FITNESS & WELLBEING

“When your people flourish, your business thrives.”

Dr Georgi Toma, The Wellbeing Protocol



Our workplace mental fitness and wellbeing workshops are led by Bhavna, an experienced clinical psychologist, mindfulness teacher, author and Tedx speaker.

Using psychological insights, your team will become aware of the causes of their distress. Using both psychological and mindfulness strategies, they will develop tools to reduce distress and enhance mental flexibility, concentration and overall performance.

This will enable your business and team to thrive in any situation.



TEAM WORKSHOPS

These sessions are for groups of up to 10 people.

Imagine a workplace where employees feel supported and valued, where stress and burnout are minimized, and where productivity flourishes. Our business wellbeing programme is proven to deliver these transformative results.

When your team is mentally fit, they can face challenges with openness and creativity and can navigate change and stress.

They reconnect with what they love in work and life.

**5 × 1 HOUR WORKSHOPS
HELD FORTNIGHTLY
\$5000 + GST**

PROVEN APPROACH

What sets us apart is our evidence-based approach and the unique combination of a clinical psychologist combining psychological and mindfulness techniques.

Our unique mindfulness practices are based in real life and do NOT require a sitting, dedicated mindfulness practice each day.

These strategies have been proven to yield tangible results in optimizing employee performance and engagement.

