

WORK-LIFE RESILIENCE WORKSHOPS

Boost wellbeing, focus, adaptability, and stress management

WORK-LIFE THRIVING

- Stress resilience
- Wellbeing
- Prioritization

Let's thrive at work and beyond!

- **Stress and burnout resilience:** Maintain resilience amid changes, competing priorities and stressors. Includes stress-reduction skill-building.
- **Wellbeing:** Identify and communicate wellbeing priorities and boundaries. Clearly connect wellbeing, peak performance and sustainable success for individuals and teams.
- **Prioritization and Focus:** Sharpen your skill of discernment and effectively negotiate your priorities. Increase your ability to stay focused and on track.

75-min or 90-min. Includes breakout rooms or in-person small-group discussion. End with individual and team commitments. Best practice doc provided.

WELLBEING RESILIENCE

- Assess Wellbeing
- Skill-build
- Commit and act!

Be well while performing well. Facilitated discussion, assessment and action planning, and in-session practice creates a whole-team experience

- Wellbeing Wheel Assessment to discern and commit to areas of action
- Simple strategies and strong commitments to increase wellbeing
- Mindfulness-based stress reduction practices and skill-building for lasting impact
- Wellbeing Action Plan

55-min session without group discussions or 75-min version includes breakout rooms or small groups in-room, and come away with suggested team best practices.

Leader Wellbeing: People-manager and leadership wellbeing strategies and resilience. All of the above, plus the compelling connection between wellbeing and effective leadership. Includes discussion, shared best practices and organizational commitments.

55 to 90-minute workshop

LEADER WELLBEING RESILIENCE

STRESS RESILIENCE

- Reduce stress
- Up productivity
- Commit to a plan

Stress Less.

- Research-based insights and methods to motivate new mindsets and habits
- Recognize, prevent and reduce burnout
- Improve focus and productivity
- Address stress at the mental, emotional and physical levels
- Stress-reduction techniques and resources
- Address particular concerns reflected in team polls and feedback.
- Stress Resilience Plan

55-min session without group discussions or 75-min version includes breakout rooms or small groups in-room, and in-session Stress Resilience Plan.

PRIORITY RESILIENCE

- Increase impact and sustainable balance
- Develop discernment and influence skills
- Individual and team commitments

Success with prioritization and boundaries.

Prioritization and goal clarity are critical as we work within distributed teams and in times of continuous change. Increase impact and sustainable balance by honing skills of mental discernment, clarity and influence. These cognitive and emotional capacities are increased with specific best practices and mindfulness skill-building. Includes questions, insights and shared tips from the team. Ends with commitments and next steps. Best practices and productivity strategies provided.

55-min session without group discussions or 75-min version includes breakout rooms or small groups in-room, and come away with suggested team best practices.

FOCUS RESILIENCE

- Increase focus
- Reduce distractions
- Be productive

Find Focus anywhere and anytime.

Our capacity to focus is either cultivated and maintained or is lost. Increase your ability to improve and maintain mental clarity, focus and effectiveness. Guided focus-building mindfulness practice and commitment plan. Questions, insights and shared tips from the team during the session, for a live team experience.

55-min session without group discussions or 75-min version includes breakout rooms or small groups in-room, and come away with suggested team best practices.

CHALLENGE RESILIENCE

- Address the tough stuff while maintaining trust, collaboration and successful outcomes

Champion challenges.

Successfully engage in tough conversations while maintaining trust, collaboration and excellent outcomes. Results rely on our presence, self-regulation, communication skill, and resilience. Example discussions: feedback, career, diversity, inclusion, work-life balance, and role clarity. Address virtual and hybrid work relationships and teams. Includes research-based best practices and mindfulness-based skill-building. End with clear commitments.

55-min session without group discussions or 75-min version includes breakout rooms or small groups in-room, and come away with suggested team best practices.

MENTAL AND EMOTIONAL RESILIENCE

- Face challenges with focus and emotional agility

Muscle-up your mind and elevate your EQ.

Increase mental stamina and emotional intelligence (EQ.) Activate adaptability, optimism and focus in the face of challenges, changes and uncertainties. Improve relationships and collaboration, and reach greater states of personal-professional fulfillment. Research-based best practices and mindfulness-based skill-building.

55-min session without group discussions or 75-min version includes breakout rooms or small groups in-room, and come away with suggested team best practices.

MINDFUL RESILIENCE MICRO SESSIONS

- Learn, build and apply mindfulness-based skill in relation to all previous topics

According to Microsoft-provided mental health resources for employees, "10 minutes a day on mindfulness subtly changes the way you react to everything." 25-minute practice-based sessions for any of the aforementioned topics or custom topics. Brief inform-instruct followed by a guided mindful resilience technique by an expert certified mindfulness facilitator, concluded by a few minutes of Q&A. These sessions are practical, applicable and empowering. Written and recorded practice offered for continued application. Offered as a series of 3 to 20 weekly sessions or as a stand-alone session within an All Hands or team day.

Judith helps individuals and organizations build greater presence, clarity and resilience.

Coppei Collective facilitators are experiential and outcome-based, creating interactive workshops with lasting results.

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Breakout Rooms/Small-group discussion Option: Any session may expand to 75 minutes to include breakout rooms or table discussions, for team connection and increased co-learning and commitments.

Longer Workshop/All-Hands Option: Combine 2 to 3 session topics into a 90-min to 2-hour workshop. Let's identify your team's needs and create a workshop that delivers the greatest experience for your group.

Managers-only Option: Support people-managers in leading their teams and learning from/with each other. Content adjusts and the facilitated conversation opens up for a co-learning session that addresses the current challenges and calls for resilient leadership.

Mindful Resilience Micro Sessions: 25-min practice-focused sessions on any above topic. Great option for a multi-week series or as part of a team wellness week or within an All-Hands meeting.

Workshops Include:

- Facilitation and presentation via Microsoft Teams or Hybrid or in-person
- Recording available to the team/org
- Best practices or worksheet and resource links per session
- Planning and post-assessment meetings with stakeholder(s)
- Prep with co-hosts to increase team connection, engagement and relevancy

Scheduling:

For a team of >50, consider offering an added date or times to repeat the session for more opportunity to attend. For a global team, consider offering additional sessions for time zones.

Facilitated and participatory sessions create an inclusive team experience:

These facilitated sessions involve the team in a live, connecting experience via interactive discussions, Q&A, and activities. Each session is followed with best practices and additional resources. The group gets more than a pre-packaged training; they get an alive experience together.

Here's what participants have said in anonymous surveys:

"Judith is an awesome coach. The way she interacts makes it easy to participate."

"I cannot thank this org and (Judith) enough for your willingness to engage in these topics."

"These sessions have changed my life!"