



Thriving Mind **Webinar Series**

How to lead effectively in
our **brave new world**

DR. JENNY
BROCKIS

CREATING THRIVING TEAMS AND LEADERS

If, like me, COVID-19 wasn't on your vision board for 2020, you may be wondering how all this unfolded so quickly, with the double threat of infection coupled with massive economic insecurity.

In my recent conversations with CEOs, HR Managers and business owners I've been hearing about some of the difficulties being experienced by many in our brave new world, including:

PROBLEMS WITH DELIVERY

Staying productive just got a lot more challenging now that more of us are working from home.

Fear of failure can start to rear its ugly head as you struggle to deal with the overwhelm of uncertainty and concern that you're not being effective in keeping your team motivated or that you're not able to provide the leadership your team seeks.

PROBLEMS WITH RELATEDNESS

When working under pressure and experiencing high levels of stress, your brain switches into survival mode, on constant high alert to the ever-present threat of danger. This can result in a change in your thinking and actions. The balance between cognition and emotion becomes skewed. As you become more inward focused, lost in thought and struggling to manage your own emotions, it's harder to remain empathetic to the feelings of your colleagues and employees.

PROBLEMS WITH EXHAUSTION

Back to back video conferencing and communicating virtually all day long is exhausting. If you ever thought working with people could be tiring, communicating via technology takes mental exhaustion to a new level, leading to brain fry.

With your mind constantly racing with thoughts, worries and concerns, it gets harder to relax or sleep. The vicious cycle of fatigue continues.

Thriving Mind Webinar Series

Available as stand-alone sessions or as a series of three

What if you knew how to successfully manage your energy and thinking to stay productive, motivated and curious about what else you need to become the better version of yourself?

What if you had the tools to manage your feelings and stay mentally healthy?

What if you had a blueprint to understand what keeps you feeling connected to your sense of purpose and to other people?

WEBINAR ONE

Working with What's Possible

- ✓ Get your new working environment working well
- ✓ Optimise your physical, mental and cognitive wellbeing by making self-care a top priority
- ✓ Learn how your brain likes to trick you and what works to keep you focused
- ✓ Discover how to use possibility thinking to get curious about what could be done better

WEBINAR TWO

Seven Simple Hacks to Boost Your Wellbeing

- ✓ Understand how your brain works to know how to manage your mood
- ✓ Discover the single most important action to take each day
- ✓ Learn about the seven simple strategies to practice every day
- ✓ Recognise the signs in others that they are struggling and know what to say and do

WEBINAR THREE

Alone Together: How to connect in our virtual world

- ✓ Understand how your need to connect is as vital as air, food and water
- ✓ Learn how to schedule in time to connect every day
- ✓ Discover new ways to connect beyond the obvious
- ✓ Tune in to who in your community or workplace needs a helping hand

As a medical practitioner and lifestyle medicine physician, I get just how hard things are right now. It's a struggle for us all as we strive to adapt and keep our heads above water.

If one or all of these webinars would be of benefit for you or your team, let's set up a time to chat.

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