

Health & Wellbeing

Single Webinars

Values-based Vision: *Leveraging wisdom to make the world a better place.*

Whether that involves your leadership ability or the collective genius of your team – we'll partner to unleash hidden potential.

We focus on helping clients achieve positive, measurable behavioural & cultural change – encouraging you to exceed expectations, lead with integrity & fun!

Role-modelling self-care & supporting others in their quest for H&W has never been so important.

V6-2020

Technical Excellence & Client Care

(*'Getting it Right'* & *'Doing it Nicely'*)

We provide high quality services with bespoke programs, designed by experts, who are passionate about making a difference. We only use evidence-based tools & proven methodologies that include robust metrics to demonstrate RoI.

Our ability to tease out a deep understanding of client needs enables us to tailor programs that will exceed your expectations.

Synergy Global Services

- ◆ Effectiveness Consulting (Teams & Whole Orgs)
- ◆ Change Facilitation (Including H&W)
- ◆ Executive Coaching (Individual & Team)



**SYNERGY
GLOBAL**
change leadership & effectiveness

Our Philosophy

- ◆ *People support what they help create*
- ◆ *Credible processes yield credible results*
- ◆ *You can't do things differently, until you see things differently*
- ◆ *Nothing changes unless behaviour changes*



Synergy Global understands the need to focus on H&W. Not only the wellbeing of you as a leader, but also the wellbeing of your team & the whole organisation. Providing a holistic approach to all of our programs.



H&W Services: Our range of single webinars cover a variety of diverse topics – a sample of which are listed on the 2nd page.

They are evidence-based, using leading edge neuroscience & contemporary wellbeing methodologies – with references.

Each webinar provides people with an opportunity to experience our expertise, & to make decisions about their future.

These webinars can be considered alone or used as an introduction to some of our more extensive whole organisation culture programs.

To discuss how best to leverage your own team's wisdom & wellness, please contact:

Heather-Jane Gray +61 (0) 439 066 067
heather-jane@synergy-global.com

For more information on the individual workshops please contact Helen Storr +61 (0)400 972 273
helen@synergy-global.com

Single Webinars (can be face-to-face too)



Why do you think differently to me?	This 90min webinar explores how we all think differently & how knowing this assists us to get along better with each other.	\$195.00pp
We Have 3 Main Brains: Head, Heart & Gut	Did you know you have 3 main brains? During this 90min webinar learn how accessing all 3 of your main brains assists in your decision-making.	\$195.00pp
Tips to help us Flourish in a Changing World	This 90min webinar shares tips to assist your overall Health & Wellbeing. It is based on well-researched models & up to date information with references.	\$195.00pp
Intention ss Attention: How do they work?	Why understanding our intention & attention is so important? This 1hr webinar details how these two purpose focused actions work together to assist in stress release & managing anxiety.	\$180.00pp
Meditation for Purpose	Learn the science behind why meditation works & how to add it to your daily routine to release stress, anxiety & compassionate fatigue.	\$80.00pp
Intro to Conversational Intelligence® <i>Leveraging the power of neuroscience to create profound transformation.</i>	In this 90min webinar you'll learn how to build trust & connectivity with C-IQ conversational essentials; learn how we can regulate neurotransmitters with open & closed conversations; plus, discover how shifting from I-centric to WE-centric conversations builds trust for higher engagement & greater capacity for co-creative innovation.	\$195.00pp
Reduce Your Stress with Mindfulness	The neuroscience of stress & how it impacts brain function; what defines mindfulness & how to practice it; the benefits of practicing mindfulness. Let go of being upset about things that are beyond our control.	\$99.00pp 45mins
Better Sleep: Better Performance	Research shows poor sleep patterns are a strong indicator for poor productivity. How are your sleep hygiene practices?	\$195.00pp
Self-care: Being Your Best Self <i>This practical approach will help develop sustainable habits to support your mental & physical wellbeing, creating a solid foundation from which to thrive.</i>	<ul style="list-style-type: none"> ◆ Understand the neuroscience of stress on H&W - leading to disease ◆ Focusing on compassion/forgiveness/gratitude to decrease anxiety. ◆ Assess your wellness pillars & choose one area in which to change ◆ Motivation for H&W by tapping into your why & being your best ◆ Begin with one habit & align your new habits to what you value most ◆ Learn lifelong skills for developing a health focused routine now & into the future 	\$195.00pp 90mins
Building Trusting Relationships using Neuroscience (NS) Enhance personal relationships, at home & in the workplace. Improve connection within & between teams, especially in our new virtual world.	<ul style="list-style-type: none"> ◆ The importance of establishing trust, which leads to collaboration. ◆ Develop important relationship skills such as creating mindfulness/ understanding how we quickly make assumptions/learn to hold judgement & become more curious & empathic ◆ Learn how to up regulate oxytocin (feel good hormone) & down regulate cortisol (stress hormone) in yourself as well as others. ◆ Learn how to communicate in a healthy productive way, through 'Level 3' conversations, to create lasting transformation for individuals, teams & organisations An introduction to Conversational Intelligence (C-IQ)[™] & the Neuroscience behind our conversations 	\$195.00pp 90mins
Surviving to Thriving Use the Neurozone® Model to prevent burnout, build resilience & unlock high performance for individuals, teams & orgs.	<ul style="list-style-type: none"> ◆ Individuals complete a Neurozone® High Performance Report ◆ Gain insights into thriving, resilience & a relaxed physiological state ◆ Deep dive into exercise, nutrition, sleep & silencing the mind ◆ Gain an understanding of the importance of social safety (connection & meaningful contribution) in enhancing collective capability ◆ Create small steps towards increasing high performance, both personally & as a team/org. 	\$150pp for Neurozone Report. \$195.00pp for the webinar 90mins

Are You Interested in Our Programs?

There's just a small selection here & can be bespoke to your needs/wants so please ask.

For more info please contact Helen Storr +61 (0)400 972 273 or helen@synergy-global.com

We'll briefly discuss the most appropriate program to suit your needs/wants & send you a tax invoice for ATO purposes (you can re-claim for Continuous Professional Development CPD). Payment only necessary when program is confirmed – by a simple bank account transaction + GST.

