

# 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 2<sup>nd</sup> 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](mailto: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](mailto:helen@synergy-global.com)

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



<b>Why do you think differently to me?</b>	This 90min webinar explores how we all think differently & how knowing this assists us to get along better with each other.	<b>\$195.00pp</b>
<b>We Have 3 Main Brains: Head, Heart &amp; Gut</b>	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.	<b>\$195.00pp</b>
<b>Tips to help us Flourish in a Changing World</b>	This 90min webinar shares tips to assist your overall Health & Wellbeing. It is based on well-researched models & up to date information with references.	<b>\$195.00pp</b>
<b>Intention ss Attention: How do they work?</b>	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.	<b>\$180.00pp</b>
<b>Meditation for Purpose</b>	Learn the science behind why meditation works & how to add it to your daily routine to release stress, anxiety & compassionate fatigue.	<b>\$80.00pp</b>
<b>Intro to Conversational Intelligence®</b> <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.	<b>\$195.00pp</b>
<b>Reduce Your Stress with Mindfulness</b>	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.	<b>\$99.00pp</b> 45mins
<b>Better Sleep: Better Performance</b>	Research shows poor sleep patterns are a strong indicator for poor productivity. How are your sleep hygiene practices?	<b>\$195.00pp</b>
<b>Self-care: Being Your Best Self</b> <i>This practical approach will help develop sustainable habits to support your mental &amp; physical wellbeing, creating a solid foundation from which to thrive.</i>	<ul style="list-style-type: none"> <li>◆ Understand the neuroscience of stress on H&amp;W - leading to disease</li> <li>◆ Focusing on compassion/forgiveness/gratitude to decrease anxiety.</li> <li>◆ Assess your wellness pillars &amp; choose one area in which to change</li> <li>◆ Motivation for H&amp;W by tapping into your why &amp; being your best</li> <li>◆ Begin with one habit &amp; align your new habits to what you value most</li> <li>◆ Learn lifelong skills for developing a health focused routine now &amp; into the future</li> </ul>	<b>\$195.00pp</b> 90mins
<b>Building Trusting Relationships using Neuroscience (NS)</b> 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"> <li>◆ The importance of establishing trust, which leads to collaboration.</li> <li>◆ Develop important relationship skills such as creating mindfulness/ understanding how we quickly make assumptions/learn to hold judgement &amp; become more curious &amp; empathic</li> <li>◆ Learn how to up regulate oxytocin (feel good hormone) &amp; down regulate cortisol (stress hormone) in yourself as well as others.</li> <li>◆ Learn how to communicate in a healthy productive way, through 'Level 3' conversations, to create lasting transformation for individuals, teams &amp; organisations An introduction to Conversational Intelligence (C-IQ)<sup>™</sup> &amp; the Neuroscience behind our conversations</li> </ul>	<b>\$195.00pp</b> 90mins
<b>Surviving to Thriving</b> Use the Neurozone® Model to prevent burnout, build resilience & unlock high performance for individuals, teams & orgs.	<ul style="list-style-type: none"> <li>◆ Individuals complete a Neurozone® High Performance Report</li> <li>◆ Gain insights into thriving, resilience &amp; a relaxed physiological state</li> <li>◆ Deep dive into exercise, nutrition, sleep &amp; silencing the mind</li> <li>◆ Gain an understanding of the importance of social safety (connection &amp; meaningful contribution) in enhancing collective capability</li> <li>◆ Create small steps towards increasing high performance, both personally &amp; as a team/org.</li> </ul>	<b>\$150pp</b> for Neurozone Report. <b>\$195.00pp</b> 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](mailto: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.

