

Health & Wellbeing

Webinar Series

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.

V5-2020

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)

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**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 Webinar Series are specifically designed for moving towards a 'wellbeing culture' & cover a diverse range of topics. You will find a sample of them on the next page - can also be bespoke.

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

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

These webinars form a modular design to larger programs, designed to shift people's Attention-Mindset-Behaviours & Results.

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

www.synergy-global.com



Webinar Series

Activate Your Inner Calm in a Changing World.	Immerse yourself in a self-care opportunity. Designed using a variety of modalities to actively explore our Inner Strengths & ability to build Resilience. 5 Online live 60min sessions	\$500pp
Living with Clarity, Agility & Wisdom for H&W	Learn how to access your whole body with curiosity to enable you to reduce stress, relieve anxiety & learn mindfulness through the lens of Multiple Brain Integration Technique (mBIT or 'mbraining.')	\$500pp
Leading Your Team's Wellbeing in Changing Times	How can we lead when we don't know what is happening to ourselves? Develop some self-care strategies to enable you to support your team more effectively. 5 Online live 60min sessions	\$500pp
Freedom from Anxiety Kickstarter	This short course provides excellent foundational knowledge & experiential learning to facilitate change in well-being & greater self-awareness. 4 Online live 90min sessions	\$1500pp
Meaningful Meditations	Meaning Meditations use Guided Journeys to help you access your subconscious, where you can connect with your deeper knowing & rewire those subconscious beliefs that are holding you back. 5 Online live 45min sessions	\$400pp
Stress & Anxiety Management to Increase Performance	Identify individual stressors & strategies to deal with them for H&W & work-life balance. 3 online live 60min sessions	\$300pp
Navigating Change – Life Transition	In changing times, you need to have a clear sense of direction & a strategy for staying on course. Whether you are considering a career change or want more clarity on your personal goals, this series is designed to help you navigate change with grace. Principles are applicable to any of life's transitions. 3 online live 60min sessions	\$300pp
Health & Wellbeing (H&W) with focus on Weight Management	This weight management program is unique. It is an innovative 6wk program which involves individual coaching sessions, homework & structured activity. Program includes wkly group support sessions online.	\$700pp
Coaching for Case Managers & Clinical Leaders	Training program which will provide you with the coaching skills you need to lead teams more effectively. Where this program differs from other coach training programs is that we practice applying knowledge & skills learnt with challenges you experience. That way you can take what you learn & apply it immediately. 6 online live 60min sessions	\$800pp

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.