wellbeing people



YOU'RE INVITED TO OUR WEBINAR

THE KINDSET WAY OF WORKING AND THRIVING

Thursday 10th December • 12 -12:45PM • on Zoom

Join our wellbeing coaches Grant Payne and Carin Söderberg for a practical conversation about how we can work effectively without relying on constant pressure, overwork or self-criticism.

They'll explore the idea of a kindset. An approach that combines focus, purpose, self-awareness and compassion to help us make better choices, manage pressure and perform in a more sustainable way.

- ✔ Understand what a kindset is and how it can influence the way we approach work and success
- ✔ Explore how self-awareness and compassion can support better performance, relationships and decision-making
- ✔ Recognise when pressure and self-criticism may be getting in the way of how we work and perform
- ✔ Learn practical ways to focus on what matters most and work with greater purpose

REGISTER FOR THE WEBINAR

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