

## **Workshops Agendas**

### **I- Bust Your Stress To Boost Your Life- Stress Management**

1. What is Stress?
2. What are some benefits of Stress Relief Strategies?
3. The Freeze, Flight, Fight Response.
4. Is Stress bad all the time?
5. What is your challenge about Stress Management?
6. Stress Management Strategies
7. Summary, Support & Q&As

### **II- Let's Stop the Guilt And Get Plenty of Self-Care**

1. What is Self-Care?
2. What are some benefits?
3. What are your challenges?
4. Build it up with a few strategies & examples
5. Summary, Support & Q&As

### **III- How To Trigger Restful Sleep?**

1. Things to know about Sleep
2. What is a good night Sleep and causes and impacts of bad one?
3. Figure out your Sleep patterns
4. How to promote better Sleep
5. Summary, Support & Q&As

### **IV- Time- Tasks Management Best Practices**

1. Assess where you are
2. Have a system
3. Prioritise your work
4. Work smarter to be more effective
5. Summary, Support & Q&As

### **V- Eat Well To Feel Well- Healthy Eating Foundations**

1. What is a healthy diet?
2. Why do we need the 3 groups of food & what are the benefits of a healthy diet?
3. Plant based diet.
4. Mediterranean diet.
5. Food swaps suggestions.
6. Finding a balance: a few tips to get started.
7. Ready to dig deeper?
8. Summary, Support & Q&As

### **VI- Unlock your mind with positive thinking:**

1. What is a positive thinking mindset?
2. What are some benefits of it?
3. What is your challenge with it?
4. What are strategies to develop it?
5. Give it a concrete start!
6. Summary, Q&A, Support

### **VII- Challenge yourself to learn and grow:**

1. What is a fixed vs a growth mindset?
2. What are some benefits & challenges of both mindsets?
3. What is your challenge with it?
4. What are strategies to develop it?
5. Give it a concrete start!
6. Summary, Q&A, Support

### **VIII- Find your purpose, live your values**

1. What are Values & Purpose?
2. What are some benefits of defining them?
3. Identify your Core Values.
4. Define your Purpose.
5. Develop an action plan to live a purpose-driven life!
6. How to nurture your sense of Purpose
7. Summary, Q&A, Support

### **IX- Be Mindful to not have your mind full**

1. What is Mindfulness?
2. What are some health benefits of practicing Mindfulness?
3. The science of Mindfulness.
4. Cultivate Mindfulness to not have your Mind Full.
5. Develop your own Mindfulness practices
6. Summary, Q&A, Support

### **X- Strengthen your relationships**

1. What is meant by relationship?
2. What are some health benefits of strengthening your support network?
3. Cultivate positive relationships & let go of toxic ones
4. Assess where you are: with your tribe & yourself.
5. Summary, Q&A, Support

### **XI- Thriving at Life & Work (WLB)**

1. What is Work-Life Balance?
2. Benefits on our wellbeing
3. What, where is your challenge about it?
4. Strategies to find balance
5. Let's develop your action plan
6. Summary, Support, Q&As

### **XII- Master Your Emotions, Conquer Stress**

1. Why do we have emotions?
2. What kind of challenging emotions?
3. The Freeze, Flight, Fight Response.
4. What is your challenge about Emotions Management?
5. What are some benefits of being emotionally healthy?
6. Tune-in Strategies
7. Summary, Support & Q&As

### **XIII Transition to Menopause with Resilience**

- 1- What is menopause
- 2- A few symptoms
- 3- Eating nutritious food 4- the right movements
- 5- Sleeping well, a challenge
- 6- Emotional Wellbeing
- 7- Summary & Next Steps
- 8- Q&As