



Bite-Sized Learning Series: Workplace Wellbeing Ways Of Working. Productivity Sense of Flow

Our ways to get things done effectively is no longer the same. How do we produce with increasing demands from customers, and constant flux of instant messaging?

Digital prompts, reminders, alerts, notifications

This is a toll on our brains, which slows us down to produce ideal results.

But this doesn't have to be our new way of working.

Let us enable our teams, especially those who act as a bridge between internal operations and customers with simple actions and hacks to stay in the flow, and produce with ease.

**1.5 hours virtual workshop, for targeted audience,
highly interactive.**



Bite-Sized Learning Series: Workplace Wellbeing Ways Of Working. Collaboration. Sense of Achievement

Our ways of working have tremendous impact on our overall morale and emotional wellbeing.

Hybrid collaboration with remote workplace, work from anywhere is staying.

And it's inevitable.

How do we adapt, unlearn some of our old habits and relearn new collaboration skill to optimize the way we collaborate?

Let's start with having a greater sense of achievement by learning simple hacks and framework for effective in person meetings and electronic communications.

**1.5 hours virtual workshop, for targeted audience,
highly interactive.**



Bite-Sized Learning Series: Workplace Wellbeing Ways Of Working. Boundaries Sense of Empowerment

Physical boundary between work and home has been blurred, and instant messaging has given us the illusion that we have to respond 24/7.

Being pulled to different directions with personal and professional demands is tiring.

More than ever, we need to know how to create inner space for us to sort things through, to reserve and rejuvenate our energy so that we can handle BAUs, long-term projects and ad hoc requests.

Let's empower everyone of us with the inner space in 2023. :)

**1.5 hours virtual workshop, for targeted audience,
highly interactive.**

Bite-Sized Learning Series: Workplace Wellbeing and Team Performance

A healthy workplace is essential to high team performance.
How to create a thriving team?

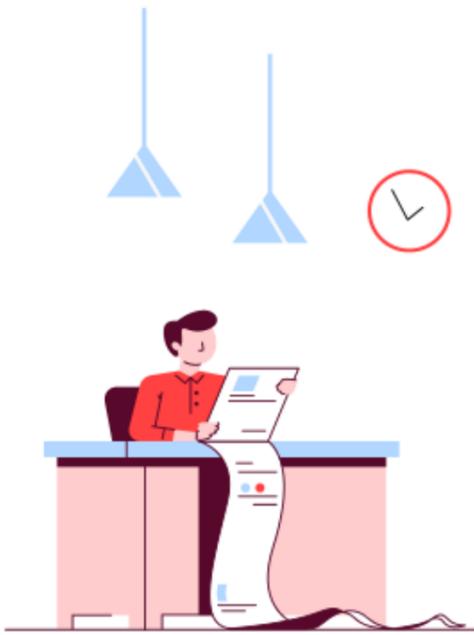
**One of the key elements is psychological safety.
And it's crucial to innovation.**

With the application of Agile methodology, the adoption of OKRs, shift in both customer and employee behaviours of Gen Z (in fact it's across generations from our observations), how do we connect team performance, leadership development and workplace wellbeing?

Let us understand the basics of psychological safety, learn how we can create and sustain it in workplace, and even benefit ourselves in other interpersonal communications.

**1.5 hours virtual workshop, for targeted audience,
highly interactive.**

Workplace Wellbeing Pros & Cons of Hybrid Workplace



Pros:

- Effective use of time
- Saves commute time
- Free from workplace rituals
- More result-oriented rather than obsessed with watching the clock

Cons:

- Work & rest time gets blurred
- Hard to chat with colleagues for important issues without the f2f experience – we are social animals

What is Workplace Wellbeing?

“I feel supported and like where I work and whom I am working for/ with. Our collective mental energy is well maintained.”

One takeaway participants would like to have was “**boosting energy for my colleagues and myself**”.

Participants Survey Feedback

The content and materials presented were relevant and applicable to my work.



The webinar was a good investment for me.



I would recommend this webinar to my friends/ colleagues/ managers/ leaders.



Which part of the webinar I found most useful?

- Constant interaction and engagement with audience
- New frameworks and strength-based approach
- The manner in which the presenters spoke and how simple and clear they made it
- Changing the mindset of a traditional workplace to a hybrid version
- Pillars of well-being program
- Meeting like-minded people

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