

Virtual Trainings

Off-the-shelf online workshops.



Our Virtual Offerings

04. Supporting individuals and groups

04. Well-being at work

05. Mindfulness 101

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08. Building skills for your teams and the individuals within

08. Leadership in Change

09. How to rapidly build trust and ace virtual interactions

10. Creating healthy cultures in your teams

10. Team Reboot and Restore



**PRACTICE IN
THE STRAIGHT
WHAT YOU NEED
IN THE CURVE**

Well-being at work

Looking after yourself and creating meaningful virtual relationships

Exhausted, overwhelmed, confused, fearful, anxious and uncertainty are some of the many words we have heard our clients and colleagues use to describe their mental health at this time.

These emotional states have a huge impact on our mental and physical health. In the midst of a pandemic there is arguably nothing more important than mental health. When we feel strong and able in ourselves, our ability to be with external challenges is far greater and our resilience is sturdier.

Format

1 day workshop is split into 2 x 4 hour Zoom sessions over 2 consecutive days.

Workshop Outcomes

- Cultivate a positive mindset
- Explore a daily practice
- Understand your inner critic and limiting beliefs
- Explore and connect with your own self-care
- Connect to your inner wisdom
- Create some next steps to maintain positive mental health
- Understand how to navigate change
- Connect on a more personal level showing empathy
- Make people feel heard and valued
- Design new ways of checking in with your teams

Mindfulness 101

In our current status of mass uncertainty, social isolation, health scare and dramatically changed daily routines, it is completely normal that we experience fear, a sense of loss, ungrounded and overwhelm. A Mindfulness practice can help us reconnect with ourselves to help process our experience, notice the unhelpful self talk, cultivate compassion for ourselves and others, and boost our resilience.

Format

We offer a 90 minute taster version via Zoom of our Mindful Leader training. An informal, experiential and practical introduction to Mindfulness and how it can help you in these times.

Workshop Outcomes

This virtual workshop will provide individuals and teams with the skills and self-confidence to utilise a Mindfulness practice to:

- Understand what Mindfulness is and what it isn't
- Experience and learn two forms of Mindfulness practice
- Understand how Mindfulness can help you ride the storms and bounce back from falls
- Understand how compassion for yourself can help and how it can be developed
- Define how you will use Mindfulness in your daily life

Zoom Fatigue

Insights and tools for dealing with Zoom fatigue

Zoom fatigue is probably one of the expressions and experiences that many people will long remember 2020 for. Virtual conferencing platforms have been critical for many of us in allowing us to continue our work but the zoom fatigue phenomenon has been a real cost of this.

How can sitting in our own homes while being in several zoom calls during the day feel, in many ways, more tiring than traveling to and from the office?!

Format

This 2 hour workshop (on Zoom – tada!!) has been specifically designed to shed some light on this phenomenon and to apply Mindfulness insights and tools to help you reduce the energetic drain of back to back virtual meetings. This is not a lecture. The learning will be largely experiential, practical and fun.

Workshop Outcomes

- Gain presence on virtual meetings and minimize the impact of distraction
- Gain awareness of the unsettled nature of the mind and how to settle it
- Understand why we feel exhausted after virtual meetings
- Understand how to apply Mindfulness practice to stay connected to self while engaging with others – self awareness and self regulation
- Understand through experience during the workshop what it can mean to be more deeply connected to others on virtual calls and how to do that without feeling exhausted



**WE CANNOT SOLVE
OUR PROBLEMS
WITH THE SAME
MINDSET IN WHICH
WE CREATED THEM**

Albert Einstein

Leadership in Change

COVID-19 is an opportunity for us all to step into our leadership. Leadership is often about navigating uncertainty, without much information or guidance. Trailblazing is part of the job and cultivating a deep trust in yourself and your choices is absolutely key to making these decisions. This workshop will develop powerful leadership to support decision making, higher trust in oneself and empathy between colleagues. It will give you and the team the ability to properly listen and communicate more clearly, which is often even harder through virtual connection. They will be able to implement these skills with their colleagues and clients alike.

Format

1 day workshop is split into 2 x 4 hour Zoom sessions over 2 consecutive days.

Workshop Outcomes

- Understand that everyone is a leader and we can all make a difference
- Develop self-awareness
- Learn leadership skills
 - Listening
 - Powerful questions
 - Feedback
- Understand your inner critic and how you hold yourself back
- Explore your values more deeply
- Set accountability and next steps

How to rapidly build trust and ace virtual interactions

Behind the screens all employees are facing a new reality and have to navigate these uncertain times, dealing with lots of challenges, experiencing all sorts of emotions and having so many questions. Being physically out of the office we can easily feel disconnected with work, our colleagues and our managers. As a team leader we need to get personal and have the necessary skills to help others to open up slowly, reconnect with their colleagues and feeling reenergised by their work.

Format

1 day workshop is split into 2 x 4 hour Zoom sessions over 2 consecutive days.

Workshop Outcomes

- Deepen your self-awareness
- Understand your own cognitive patterns and how they affect relationship building
- Understand your successful and creative skills vs your limiting and reactive patterns
- Build a perception of people's different values and needs and how to recognise these quickly
- Create a connection quickly and build trust
- Design working agreements that respect and empower all parties



Team Reboot and Restore

Designing a world after Covid

None of us saw this year coming, and you've made it to this point. Congratulations! This is a huge achievement! How did you do as a team? This workshop will create the space to reflect on what you've learnt about yourselves as a collective, and as individuals in this team. With this information, you can adapt and make different choices about how you operate as a team going forward. We offer an additional option to interview your staff and board to gather their views on your performance as a team and feed that back as part of the workshop.

Format

Our 1 day workshop is split into two x 4 hour Zoom sessions over two consecutive days.

Workshop Outcomes

- Understand the team's experience of the crisis
- Gain greater awareness of other experiences in your system including staff, customers and external stakeholders
- Gain a shared story on this chapter of change
- Connect to the why of your team
- Understand this team's strengths
- Explore the gifts and limitations of your team choices – celebrate what worked and learn from what didn't
- Define a revised, refreshed set of agreements on how this team wants to work together
- Set accountability and next steps



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