



ONLINE WORKSHOPS FOR LEADERS AND THEIR TEAMS

Setting leaders free, safely

FOCUSING ON WHAT MATTERS

MEANINGFUL LEARNING

In working with a number of teams throughout this period it's clear that while organisations have worked tirelessly to respond in their own ways with both confidence and compassion, there have been some common themes emerging for all.

As part of our digital offering, Maier have developed a series of short but powerful, 90 minute sessions. All of the workshops featured are designed to encourage employees to continue taking ownership for their own development, alongside the need to focus on key areas of support for individuals and teams throughout this time of change and transition. Events have been designed specifically to accommodate a range of delegates from across different functions and at all levels.



AN ENJOYABLE SESSION THAT OFFERED INSIGHT TO MY OWN RESILIENCE AND PROVIDED SOME PRACTICAL WAYS TO BUILD THAT RESILIENCE. SOME OF THE SIMPLE STEPS HAVE ALREADY HELPED ME DURING TOUGH TIMES. IT'S LIKE BEING GIVEN A TORCH YOU CAN TURN ON DURING THE DARKER DAYS OF LOCKDOWN.

RESILIENCE WORKSHOP

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KNOWING HOW TO BOUNCE BACK

Resilience is not just our ability to bounce back, but also our capacity to adapt in the face of challenging and/or unexpected circumstances. In this workshop we stress that resilience isn't a personality trait – it's something that we can all take steps to grow, nurture and, most importantly, protect.

As part of the resilience workshop delegates will explore;

- What we mean by resilience; how we would describe it, plus sharing some 'common' definitions for discussion
- What do we notice about ourselves when we're at our most resilient and when we're not
- How this relates to a model called the 'five pillars of resilience' and which of the pillars we are more and less familiar with
- Some of the common myths associated with resilience and which resonate most in our organisation
- What we can do to build resilience
- What aspects of resilience will help as we transition into a 'new normal'

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I WASN'T ENTIRELY SURE HOW MUCH I WOULD TAKE FROM A 90MIN VIDEO-CONFERENCE. I WAS SURPRISED BY HOW MUCH I DID TAKE IN AND ALSO THE VALUE IT ADDED. ONE OF THE RARE TRAINING EVENTS WHERE THE CONTENT WAS STILL RESONATING SOME DAYS LATER....

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THIS WAS AN IMPORTANT AND MEANINGFUL WORKSHOP WHICH ASKED US TO TALK ABOUT OUR OWN EMOTIONS, IN AN INCREDIBLY CHALLENGING TIME. IMPECCABLY RUN AND FACILITATED, AS EVER.

MANAGING THE EMOTIONS OF CHANGE WORKSHOP

TAPPING INTO THE CHANGE CURVE

Even the thought of change can evoke a strong emotional response in many individuals. This workshop looks at how and when these emotions are most likely to manifest and what we can all do to help balance some of the more extreme examples.

As part of the workshop, delegates will explore;

- Ways of identifying the many emotions associated with change, positive and negative
- Where we currently see ourselves on the change curve and how that relates to the 'mood and feel' in the organisation
- What's needed to manage emotions around change and how can we positively contribute to change
- Ways of managing the emotions of change



WELLBEING WORKSHOP

WHAT'S YOUR ELEPHANT?

Inspired by the age-old adage, 'How do you eat an elephant?' (*answer; one bite at a time*) our wellbeing session focuses on how to reframe, reset and resize some of the more overwhelming aspects of this period as well as ways to promote a more positive mindset.

As part of the workshop, delegates will explore;

- The importance of self-care; 'Start with where you are', putting you at the centre
- Ways of managing and 'untangling' some of what's taking up valuable head-space
- Choosing which elephant to tackle first
- The 'tiny habit hack'; one bite at a time

