



Speak to a member of our expert team today on
01252 722185 or
Email: events@desouza-associates.com

The Wellbeing Wake Up

A team experience enhancing the real via the virtual

We'll guide your team on a 90-minute journey of discovery through the 5 Ways of Wellbeing.

Experts in their field will guide each participant, helping them obtain a well-rounded understanding of the benefits of Wellbeing. Not only is this a chance for participants to understand and practise each of the 5 Ways, but they will also gain the confidence to create new life enhancing skills and techniques. A guidebook to take away to remind of their journey of discovery with hints and tips for taking it further if they want to.

Some of the benefits of Wellbeing in the workplace include;

- Increased levels of inner calm to help better deal with issues at work
- Mindfulness to create a sharper mind
- A healthier, more inclusive outlook on life
- Improved health and physical fitness to enable you to focus for longer
- Stress reduction and creation of a positive working environment for all to thrive in
- Higher levels of performance and increased productivity
- Reduced absence due to sickness
- Attract and retain top talent as a great place to work

At the end of the session, the takeaway booklet will remind the participants of the different components of their journey. It includes some hints and tips to help them practise each of the 5 Ways in the future.



LEARNING	New Wellbeing techniques
OUTCOMES	Improved awareness Shared experience Ability to improve lifestyle
TYPE OF	Engaging
ACTIVITY	Educational Challenging Fun

**A brand new experience to the world of virtual team events that will engage, motivate and inspire your team.
A must for teams of any size.**

Physical Health	Sense of Purpose / Perpetual learning	Social Connections through Gratitude	Mindfulness	Giving Back to feel good
Active, exercise, nutrition, hydration for a better you.	Knowing what you want in life will help you gain clarity and purpose.	Acknowledge the goodness in your life to increase your happiness in your life.	Increase curiosity. Catch sight of the beautiful. Remark on the unusual. Savour the moment. Increase awareness of the world around you.	Who benefits most, the giver or the receiver?
ACTIVE	CREATIVITY	CONNECT	MINDFULNESS	COMMUNITY
<p>Sitting at a screen for many hours a day is unnatural and is recognised as the cause of physical problems.</p> <p>Your group will be guided through a variety of chair-based seated stretching and posture correction exercise. Each is easy to perform and will help align and energise the body.</p> <p>The session concludes with a fun 'eye yoga' set, to combat the strain from looking at a screen for many hours each day.</p> <p>The session will be delivered by Gabby Robinson, expert in yoga, Pilates and functional movement, via a pre-recorded video.</p> 	<p>Create clarity on what you want, visually see it and keep your focus on what you want to increase the chance of you getting it.</p> <p>TEDx speaker, NLP master practitioner, certified master coach and blogger for the Huffington Post, Will Polston will outline the technique of creating a personal Vision Board. This will help participants to create a vision of their future.</p> <p>After the explanatory video of the power behind the visioning technique, our live host will lead your team through the basics of getting started giving a foundation to refer back to after the event.</p>	<p>How often do you show your appreciation of acts of others?</p> <p>Gratitude helps people feel more positive emotions, relish good experiences, improve their personal health, deal with adversity better and build stronger relationships.</p> <p>The benefits of the 'greatest of virtues' gratitude, will be explained by a professional life coach via a pre-recorded video.</p> <p>Our host, will then lead a period of contemplation where delegates will be invited to reflect on others who have added value to their lives in some way.</p> <p>The attitude of gratitude will then be initiated by writing a letter of appropriate thanks, to be posted after the event.</p>	<p>Ex-Royal Marine, nature & mindfulness expert Ian Finch will deliver a short, but powerful pre-recorded video session drawing on the wonder of the natural world.</p> <p>Focussing on what we commonly miss that is all around us, he will introduce exercises to activate and heighten our senses (sight, smell and hearing).</p> <p>With heightened senses and being in the now, you are able to step away from the rapid pace of business life and increase your appreciation of the world around you.</p> <p>Participants will anchor a particular sound or smell to help them get back into this state again and again in the future.</p>	<p>We bring yet another expert speaker, to inspire you and challenge your thinking.</p> <p>We highlight the many ways of giving (other than financial) to genuinely benefit the lives of real people in need. This can be just from giving a little of your time on a subject of which you have experience in.</p> <p>In breakout rooms, with 3-4 per room, delegates will network with a specific challenge; to find out what skills, knowledge and expertise your colleagues have.</p> <p>We hope to inspire every individual to pledge just 30mins of their time to helping someone else after the event.</p> <p>We collate this list and make it available to you post event, to help people match skills to a particular needs in other people.</p>
<p>Notes, templates and further reading on the sessions will be provided in the takeaway booklet provided at the end of the event.</p>				



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The Delegate Experience

Further details on how this experience works

As videos will be played, this event will need a reliable video conferencing software platform.

Delegates join via the video link we send you at the allotted time to meet up with their colleagues.

Our host welcomes everyone, runs a fun ice breaker and gives the briefing.

Teams are led through each Wellbeing Way Session as one large group together, in approximately 5x 15-minute sessions.

At the end of all the sessions, a pdf booklet is available as a takeaway. The booklet is a summary of each session and includes hints and tips for anyone who'd like to utilise this new knowledge in the future.

