



# UMBRELLA OVERVIEW SESSIONS

*These brief sessions are designed to raise awareness, spark conversations, and provide participants with practical tips for action. All sessions are 60-90 minutes. | Fee : \$1500 + gst*

## 1. STRENGTHENING RESILIENCE: AN INTRODUCTION

Bounce Back, Resist Pressure, Adapt to Change and Thrive.

Together these four descriptors form a resilience continuum, highlighting that our resilience is fluid.

Everyday actions can help us to navigate daily challenges and live well.

Most of us know which strategies are helpful for boosting our resilience. However, when we are juggling many different priorities or managing changing circumstances, putting these into practice can be challenging.

In this session, we'll use insights from psychological science to review the best ways you can boost your resilience and thrive. Get ready to recognise the things you do well, and pick up new helpful strategies.

### Session objectives:

1. Define resilience and learn Umbrella's model of resilience.
2. Review why resilience is so important in our fast paced world.
3. Understand the science of stress.
4. Discover the link between active recovery and resilience; brainstorm effective ways to practically and quickly recover during the work day.
5. Create an action plan to help you follow up on this session.

## 2. THRIVING IN THE AGE OF ACCELERATIONS

Fast paced living and rapid change is the new norm for New Zealanders. We experience it every day, via team meetings in cyberspace, groceries ordered by the fridge, driverless cars or to-do lists managed via apps.

This tempo of life requires people to be agile, able to maintain their performance under pressure and adjust positively to new challenges.

Best-practice scientific research has clearly identified the individual skills people need to thrive at such a tempo. In this session we'll highlight practical tips and reminders on improving agility, creativity and performance. Expect to leave with fresh ideas and enthusiasm.

### Session objectives:

1. What does it mean to "thrive"?
2. What impact does this age of acceleration have on our ability to thrive?
3. Understand why we experience stress and overwhelm.
4. Learn practical strategies to recover well and thrive.
5. Create an action plan to help you follow up on this session.

### 3. MENTAL HEALTH AWARENESS: AN INTRODUCTION

#### FOR ALL STAFF

1 in 5 New Zealanders will experience mental illness in 2020, 1 in 2 in their life time. This means wherever you work it is likely you'll be in contact with someone who might be struggling.

Research demonstrates that increasing knowledge about mental health and pre-planning how you would start a conversation with someone you're worried about helps improve confidence and competence to follow up.

#### In this session:

1. Understand mental health and mental illness – what's the difference?
2. Recognise how to spot signs of stress/distress in yourself and colleagues.
3. Learn useful tips on how to have safe conversations about mental health.
4. Walk away with some practical strategies to strengthen your own mental health and wellbeing.

*“Thanks so much for organizing this! I've been to a few stress related workshops by now but none of them were so well presented and entertaining as this one. Would love to see more material by Umbrella.”*

– Weta Digital

*“Umbrella's presentation was received well by the delegates. The presenter came across very knowledgeable and open, and the content was relevant and interesting.”*

– Think Tank Media

### 4. FLOURISHING, THE POWER OF POSITIVE PSYCHOLOGY

Positive psychology is the scientific study of what helps individuals and groups to thrive and flourish. Research from positive psychology has found that there are particular interventions that work to increase flourishing, and most likely act as foundations for new habits, actions or relationships.

These interventions have been called PERMA:

- P – positive emotion
- E – engagement
- R – relationships
- M – meaning
- A – accomplishment

In this session, we will look at some of the tools and skills that have been found to improve positive emotion, engagement, relationships, meaning and accomplishment. You will leave with some tips to try out.

*“The solicitors said that the session was practical, flexible, honest and that they really appreciated the fact that you tailored the session to suit them. They thought you were dynamic and interesting in the way you presented, commenting it was one of the most useful sessions for development that they have been exposed to.”*

– Duncan Cotterill

*“I thought it was one of the best short-courses I have ever participated in. Good information, with an analytical angle that gave credible actions to take away.”*

– Ministry of Health



## 5. SHIFTING THE FRANTIC

In our modern, hyper-connected, “always on” world, many people describe feeling constantly frantic, overwhelmed and as if they are constantly playing catch-up. At Umbrella, we hear comments like:

*I'm always in meetings... The pace here is full on..... it's hard to slow it down.... If we can just get through this next busy patch...*

This mental overdrive often means it can be hard to utilise well known time management strategies, manage stress, or work productively, and it can feel impossible to ever fully wind down.

In this session, we'll look at the common factors behind the frantic and review practical strategies proven to increase your experience of calm and control.

### Session objectives:

1. Shed light on the biological impact of being busy and the addiction effect that can subsequently occur.
2. Identify the benefits of reducing the frantic.
3. Highlight ideas, innovations and strategies known to help manage the frantic.
4. Start your planning how to turn “good ideas” into habits.

## 6. BUILDING SUSTAINABLE HABITS

Most of us find that when we try to make changes we can keep it going for a while, maybe a few days or weeks, but then something happens and we slide back into old habits. It can be really discouraging and we can give ourselves a hard time – “If I was more motivated/less lazy/more organised....”

Discover the science behind sustained habit formation, what works and what doesn't, to set you up for long term success.

### Understand what helps build regular habits and maintain effective behaviour change

1. Learn about the connection between habits and neuroplasticity (brain changes).
2. Gauge the status of your current physical health habits.
3. Use an effective motivation boosting strategy.
4. Personal goal setting and habit action plans in one of the key health areas.

“It’s invaluable to feel the support that’s there from a professional and innovative organisation.”

“Umbrella presented some interesting material and created a positive space for discussion. I felt connected with the other attendees and got a lot out of it personally.”

“I really like the evidence based combination of brain science and practical strategies.”

“Highly useful and relevant.”

“Always love Umbrella sessions and always find them hugely beneficial in my professional and personal life.”

“Very pragmatic and applicable. Good framing of psychological understandings.”

“Wonderful presenter, fantastic content, awesome delivery.”

“Excellent presentation, engaging and informative.”