

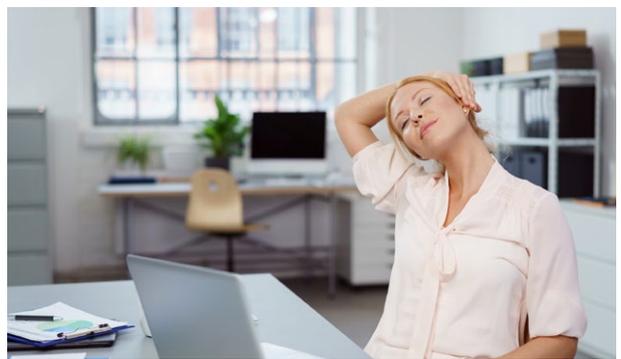
## COMPANY WEBINARS

### MOVE-BY-DESIGN: AGILITY AT WORK

Active lifestyles at work and at home can contribute to productive work and better health. This improves metabolic health, functional movement patterns, circulation, blood sugar regulation, caloric expenditure, and postural balance. If we move more, we think better too. Moving more tells your body, at a primitive level, that you are committed to living well. You can reverse genetic markers that tell your body that "it's time to die." That is, reduce all-cause mortality and morbidity by designing work that encourages movement. Participate in this training to learn about movement-by-design.

### STRAIGHTEN UP TO POWER UP

Our body is shaped by how we use it, and what we think about it and ourselves. This expression represents our "view of self" in relation to the world. Underlying habits and patterns may require "rewiring" and it is possible to positively affect the preparatory actions for quality movement. Every pathway from our brain leads to a muscular and fascial network – our brain, state of mind, awareness, and emotional framework can affect our well-being. This program provides "DIY" home or office mobilisation exercises for the shoulder, neck, and upper back that can help participants combat aches, pains, and niggles in the upper quadrant; improve sport performance and



posture or movement patterns; and help convey a sense of personal confidence with shoulders back and head held high!

### WORKING INSIDE OUT

What does it mean to be in step, in balance, and to act with grace? We have been trained, throughout life, to struggle to achieve. This habitual process of over-doing can bring destructive patterns, causing tension in the body and in our relationships with self and others. To relax is not to collapse, but to mindfully unravel ourselves from tension. This webinar will introduce participants to practical and simple relaxation methods such as calming hand postures ("mudras", in yoga terms), and breathing techniques. Physiologically, this is an experiment with the autonomic nervous system. It may help balance the acidity in our system. Emotionally and mentally this process allows for tranquility, lightness in attitude, and good

humour. Most persons new to relaxation or meditation are surprised to find that they can sit still for any length of time! This session will help ease restlessness of the mind.

### **PREVENT "THE BURN": PERSONAL RESILIENCE TO PREVENT BURN-OUT**

This webinar extends the concepts about acceptance, mindfulness, and calm. The concepts of wellness, well-being, and wholeness will be explored. The choices that are made and what is done in life causes less stress when the actions align with personal values. Basic cognitive neuroscience will be explored. Participants will be introduced to values-based self-assessment and action-planning strategies to help guide life choices. The stages of burn-out will be explored to recognise what it means to be out of step and out of balance. Early identification helps a person change direction, recalibrate, and reset the path. Participants can apply these learnings to personal and working lives.

### **POSITIVE-THINKING**

In this webinar, we will explore the concept of optimism, and sense-making in the workplace. We will explore the connection between positivity and organisational performance. We will explore the research linking positive thinking to health and wellbeing and discuss



how reframing to achieve a positive mindset can help personal and professional goals become achievable or inspire teams to discover success in the workplace. Positive thinking can affect one's sense of purpose, creativity, and capability for innovation. We will discuss practical strategies to develop positivity in the workplace (or homework space!).

### **SLEEP & FATIGUE**

Fatigue is an acute, ongoing state of tiredness that leads to mental or physical exhaustion and prevents people from functioning well. It is more than feeling tired and drowsy, it is a physical condition that can occur when a person's physical or mental limits are reached. Fatigue can occur because of poor or inconsistent sleep-wake cycles, but also from emotional or physical duress and conflicts. Fatigue affects quality sleep and poor-quality sleep leads to fatigue. This webinar will focus on developing participants' understanding about sleep states and circadian rhythms (natural rhythms), the health benefits of quality sleep, the risks of poor or contracted sleep over time, and the impact to our experience in our waking lives of feeling fatigued. Other fatigue-contributing factors will be considered as well as effective short-, mid-, and long-term energy management strategies.

### **SOUND NUTRITION TO OPTIMISE ENERGY (a combined presentation with a nutritionist and plant-based chef)**

We are often mindlessly eating, unaware of the decisions that we make. We may be unaware about how design of plate ware and food or eating environments affect our decision about nutrition. This workshop will help dissect these decision-based opportunities and develop ideas about how to substitute poor eating options with ones that are healthful. Practical strategies, cooking tips, and recipes will be shared.

## DESIGN FOR NEURO DIVERSITY: HOW WE MAKE SENSE OF THE SENSORY WORLD AND WHY WE MAY ACT AS WE DO

Does a family member (or colleague) like to work with noise in the background, yet it confounds your concentration? Do you crave the solitude of silence? Do you tap your knee under the table incessantly while you solve problems? Can you work well in isolation or do you thrive amongst the hustle and bustle of activity and interruptions around you? There is neurological science behind our behaviours and our reactions to the world, and why others may seem a little crazy to us and visa versa! In this webinar, users will learn about sensory profiles – an application of neuroscience and sensory integration applied in natural life settings. This provides an ecological framework to better understand and design for human performance.

## OFFICE FIT BY DESIGN

Work-from-anywhere, and largely work-from-home, has meant a radical change in work methods and environment for most office workers. Are we working from home or living at work? If we are spending a significant amount of time in home-office work, we need to carry over the health benefits of workplace wellness programs to the new environment.

Maintaining active lifestyles in the home office environment allows for the opportunity to:

- » Move more to support good posture, movement patterns, and metabolic health. Sedentary behaviours are reduced with their use, also.
- » Move more generally because standing, changing postures, and walking creates a neurological response and a measure of healthful “restlessness” and desire to keep moving



- » Reduce risks for all-cause mortality and morbidity
- » Increase caloric expenditure
- » Promote presenteeism, engagement, alertness and attention, and productivity
- » Allow for cognitive shifts required by different tasks in a gratifying way

This webinar will help you learn the underpinning rationale about why it is important to remain active during our working lives, some strategies to do this in a home environment, dispel myths that are propagated by “Google Ergonomics” about home office set-up, and teach a few practical at-home therapeutic exercise to support the upper body so that you can remain mobile and strong, as well as alert for high-cognitive work demands!