Switching Off – March 24th – 2.00-3.30pm

The current world of uncertainty and COVID restrictions is busy, challenging and at times exhausting.   During this workshop, you will learn how to slow down and shift gears mentally and emotionally so you can get the relaxation, sleep and recharging you need each day.

* The importance of Relaxation
* Different practices to slow your mind down to calm.
* The importance of Sleep and solutions to Common barriers to it
* Relaxation practices to help you shift gears mentally and emotionally – so you can focus for productivity at work and slow down for relaxation and sound sleep after work.
* The Growth and Burnout equations
* Why online work is more draining and how to minimize energy expended.
* Stress and learning
* Best practices for working remotely effectively, productively and without getting exhausted.
* How to promote the ability to 'switch off' in your organization - tips and best practices for staff and managers.
* Personal Action Plan