

## The Virtual Wellbeing Academy

### Reset

Take control in Covid-19



### Course Overview

As the Covid crisis continues to unfold, it is increasingly clear that we are in it for the long-haul. In this new normal defined by the uncertain and the unpredictable, many people are left feeling disorientated and unclear about how to move forward.

The risk for organisations is clear. At a time when we need people to be performing at their best, the resilience of individuals, teams and leaders is being stretched like never before.

The call for each of us is to find solid ground and build the inner resources we need to confidently lead the way forward.

Reset has been specifically designed to meet these challenges. It gives you the space to take stock on the experience of Covid so far, and explores evidence-based practices, to support yourself and your colleagues to move confidently forward.

Reset is available in 2 formats:

- for leaders and managers
- for all employees

### Delivery options

Virtual Classroom	Webinar Events
For up to 20 delegates	For up to 500 delegates
<ul style="list-style-type: none"> <li>• Individual workbooks</li> <li>• Time to share ideas as a group</li> <li>• Breakout rooms (for longer sessions)</li> <li>• Feedback on key learnings</li> <li>• Interactive elements e.g. online polls</li> </ul>	<ul style="list-style-type: none"> <li>• Live facilitated delivery</li> <li>• Individual workbooks</li> <li>• Interactive elements e.g. online polls</li> <li>• Live Q&amp;A sessions</li> </ul>

## Reset for Leaders

### Leading through uncertainty

<b>Delivery:</b>	Virtual classroom (5 – 20 people) Live webinars (up to 500 people)
<b>Duration:</b>	90 mins
<b>Suitable for:</b>	Leaders and managers



### Course Outcomes

Reset for Leaders includes all the learning of Reset for All and adds specific exercises to support leaders to take a strategic view of the current impact of Covid-19 through their teams.

- Share challenges, worries and learnings from the Covid-19 experience
- Build awareness and understanding of the rollercoaster of emotions
- Acknowledge your accomplishments as a lockdown leader
- Look forward to the future with individual, team, and organisational purpose
- Take control of your mood to reflect rather than ruminate
- Positively adapt and adjust to future changes with new micro-habits
- Understand stress to balance the needs, challenges and resources of individuals, teams and the organisation
- Build team morale and spirit to support recovery
- Develop a robust change model and communication plan to steer your team through the uncertain times ahead

### Content Included

- Challenges of life through lockdown
- Awareness building of the 'covidcoaster' of emotions
- Think-Feel-Behave model – take control of your experience
- Wheel of Work, based on Arnold's 'dynamics of stress at work, 2005'
- Coping skills to thrive through change and uncertainty
- Personal resilience strengths – identify and capitalise
- Recent change experiences – gather learning
- Anchor habits to provide stability through uncertainty
- The balance of demands and resources to mitigate against strain, stress and disengagement (applying the JD-R model)
- The 8-step model for change (Kotter) – plan for the future

## Reset for All

### Thriving through uncertainty

<b>Delivery:</b>	Virtual classroom (5 – 20 people) Live webinars (up to 500 people)
<b>Duration:</b>	60 mins
<b>Suitable for:</b>	All employees



### Course Outcomes

- Share challenges, worries and learnings from the CV-19 experience
- Build awareness and understanding of the emotional rollercoaster of CV-19
- Acknowledge the accomplishments and strengths demonstrated through lockdown
- Find purpose and meaning as you look to the future
- Take control of your mood to reflect rather than ruminate
- Adopt healthy micro-habits to positively adapt and adjust to future changes
- Develop a robust Reset Plan to recover and recharge from CV-19

### Content Included

- Challenges of life through lockdown
- Awareness building of the 'covidcoaster' of emotions
- Think-Feel-Behave model – taking control of your experience
- Wheel of Work, based on Arnold's 'dynamics of stress at work, 2005'
- Positive coping skills to thrive through change and uncertainty
- Personal resilience strengths – identify and capitalise
- Recent change experiences – gather learning
- Anchor habits to provide stability through uncertainty