

# See Share Solve

An interactive health and wellbeing  
needs analysis workshop



## Intact Team Engagement Session

**See Share Solve** is the opportunity to take stock, reflect and resourcefully respond as a team. Responding to varying degrees of lockdown, balancing the demands of work against uncertainty fatigue of Coronavirus and ever-changing market conditions has left many of us feeling flat, confused and seeking new direction in how to respond to ongoing change.

### See

Examine global mental health trends and identify the essential signs and symptoms to help recognise, reassure and support yourself and others during times of lockdowns, ongoing uncertainty and change.

### Share

Interactively and anonymously share your opinions, upsides, challenges and reveal what you need to thrive mentally, physically and emotionally (using the Mentimeter feedback tool).

### Solve

Respond with an energetically delivered, express learning and practical tips session on the topic of your choice as voted for by you and your colleagues wish to explore

# All Day Energy

Banishing workplace burnout with invigorating tips and techniques

## Modular Workshop Programme

**All Day Energy** brings an interactive, fast paced introduction to building effective personal energy. Identify the evidence -based lifestyle factors that influence and derail our ability to work, rest and play.

Banish burnout and lift out of lockdown languishing with a variety of techniques – whether working from home, office or at operational sites.

### Physical Foundations

Express guides to stress mastery, renewal techniques, sleep principles, the impact of exercise and fuel for optimum physical vitality.

Rituals, routines and renewal to find the energy edge when working from home. Find peak your personal performance.

### Mental Energy

Boost 'mental fitness' with a scientific approach to Identify and manage the energy deficits leading to mental fatigue, poor decision making and distracted mind.

Experiment and engage with active, mindful based exercises to enhance calm, reduce anxiety and develop focused creative thinking and attention control.

### Emotional Energy

Investigate the neuroscience, behaviours and brain/body axis to navigate the emotional realm. Learn how uncertainty fatigue and anxiety affect our energy levels.

Build immediate strategies to 'find fortitude' - create courage, meaning and purposeful practice.



# Super Sleep

Get the energy edge. A perfect blend of sleep science and practical steps for a great night's sleep



## Intact Teams and Townhalls

**Super Sleep** engages participants with a perfect blend of sleep science and practical steps to make a tangible improvement to quality of sleep and wellbeing. Spot the signs of fatigue, build a comprehensive sleep plan to ensure you are using sleep as your super-power

### Science of Sleep

Providing clear insights and evidence-based focus on the physiological factors of sleep. a foundational overview on the science of sleep architecture and sleep hygiene. With current research presented in an easy to understand, practical format..

### Operate at Optimum

Having a hard time falling asleep, experiencing frequent sleep disturbances? We provide the 'how to' around reducing sleep anxiety and setting the correct routine

### Super Sleep Tips

Immediately accessible, engaging and positive approaches to improving the quality of your sleep. Seven helpful steps to raising the likelihood of regular, recuperative sleep. A mix of tips to appeal to shift-workers and 'conventional' day workers alike.

# Mental Fitness

Understand Uncertainty, Address Anxiety and destroy distraction for optimum focus and engagement.

## Modular Workshop Programme

**Mental Fitness** offers a suite of practical steps for promoting mental clarity, concentration, awareness and renewed focus on better mental health. Spot the signs and symptoms of declining mental fitness and learn how to respond with resourceful remedies.



### Understand Uncertainty

Normalise and recognise the emotions and physiological responses to sustained levels of uncertainty. Learn the secrets of those who survived natural disasters and identify the coping strategies that lead to building courage during change.

### Address Anxiety

Examine the 'three types of anxiety' and take steps to confront anxiety and fear by finding focus, meaning and areas of influence and control.

Learn the science behind refocusing and calming techniques used by top performers in sport, military and those who thrive under pressure.

### Destroy Distraction

Always on, expectations to achieve more and feeling mental fatigue? You're more likely to experience distraction and attention conflicts.

A step by step guide to building mental muscle and deeper focus and flow; the optimal psychological state to flourish.

# Mindfulness for Busy People

Science, theory and practice. Demystify mindfulness and enjoy the brain gains.

## Intact Teams and Townhalls

**Mindfulness for Busy People** explores a practical, interactive and collaborative approach to cultivating mindfulness at work and home. From understanding the physical and neuroscience benefits of mindfulness, spotting the signs of cognitive overload, fatigue and distraction to implementing a practical and energising daily practice, we have a solution to support you.



### Brain Gains

Mindfulness offers significant mental health benefits; achieved through regular practice and application. Need convincing at a physical and neuroscientific Level?. An overview of current research and what it means for you.

### Breathing Basics

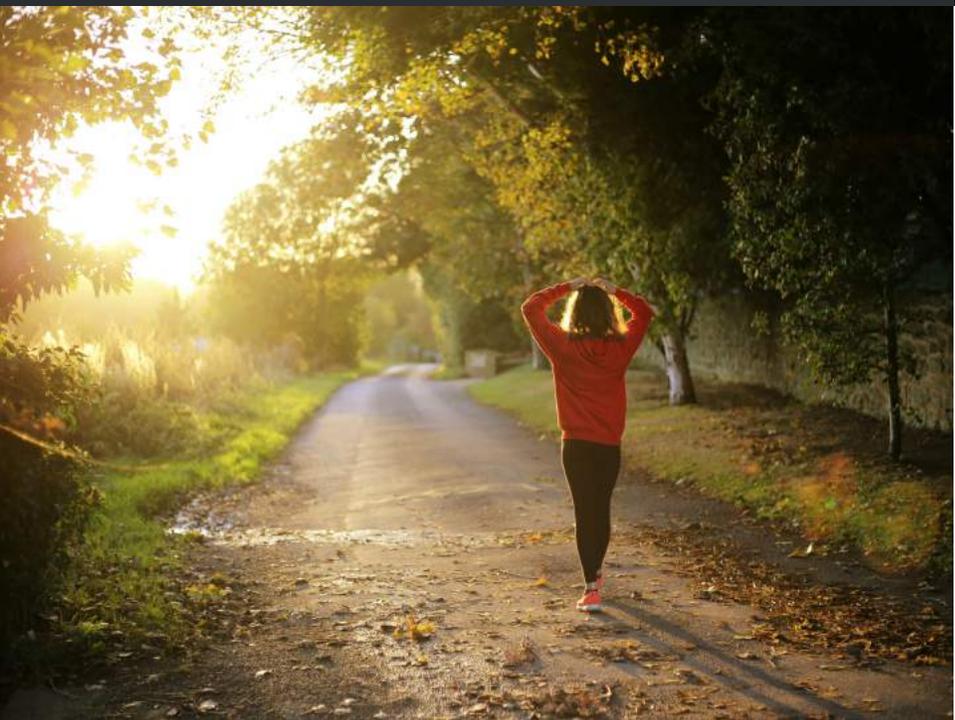
An introduction to simple daily, physical mindfulness practice. Understand the foundations of regular renewal throughout the day to rejuvenate energy and reduce stress. Examine the brain/body connection, via a range of breathing techniques to bring calm and clarity to your day.

### Sensory Signifiers

Build intentional awareness and perspective, deepen concentration and intuition using cognitively centred guided mindfulness meditation. Apply mindfulness as an anxiety and stress reduction technique to build present moment focus, using the 'five- senses'

# Engage Emotional Agility

Science, theory and practice. Demystify mindfulness and enjoy the brain gains.



## Intact Teams and Townhalls

**Engage Emotional Agility** delivers an interactive exploration into why we react, engage and respond to certain stimulus through times of change and discovery. Learn how to build deeper awareness of your emotional life and how it impacts your wellbeing and energy Levels.

### Science of Emotions

Make sense of the uniquely human elements underpinning our emotional responses, the difference between cognitive and emotional aspects of the brain and myth-bust common perceptions of emotional responses with a science-based approach to emotional agility.

### 5-Traits Survey Map

Goldberg's 5 Traits are the gold standard blueprint for mapping and understanding our emotions. Reveal your emotional repertoire at a personal level. Understand the unique patterns, proclivities and progress with insights into why you behave certain ways in certain situations..

### Emotional Energy

Understand yourself and others in a new context. Resourceful methods to respond to challenges and setbacks, enhance your ability for impulse control, on your energy levels. respond resourcefully under pressure and understand the physical impacts of emotions

Your Facilitator

**ROBERT HART**  
**FOUNDER**  
zestlearning



Robert founded Zest Learning in 2010, bringing creatively designed learning experiences to invigorate teams and organisations of every shape and size.

As an active researcher in performance focused psychology, innovation and wellbeing for over twenty years, Robert delivers a refreshing, evidence-based methodology to the fields of optimum energy at work, leadership development, physical vitality, mental fitness, emotional agility to confront fear and uncertainty, focus on peak performance, team dynamics and innovative thinking.

Originally from the UK, Robert studied at the Sports Science and human performance focused Loughborough University (Team GB Olympic Headquarters) and worked globally for over a decade in Senior Leadership roles throughout the UK, Netherlands and Australasia within the Energy and Resources sector; including extensive change management, talent management and organisational development roles. Robert brings first-hand experience to create relatability at all levels of your organisation from operational sites, senior leadership and staff teams to graduate programs and beyond.

Operating across Asia-Pacific and consulting to clients in FMCG, Media, Energy and Resources, Power Generation, Military, Advertising, Banking, Finance, Legal, Government and not for profit, Robert also acts as an associate to Leadership Victoria and 'The Executive Connection' in Australia and is a member of the AITD and Australian Men's Health Forum.



# Contact Us



**+61 417 202 816**

Human Voice. SMS. WhatsApp



**[robert.hart@zestlearning.com.au](mailto:robert.hart@zestlearning.com.au)**

[www.zestlearning.com.au](http://www.zestlearning.com.au)  
Port Melbourne VIC 3207

