



sane.works

Wellbeing workshops from Sixth Sense

sixthsenseconsulting.co.uk



sane.works – wellbeing workshops from Sixth Sense

Our linked series of workshops are designed to help you look after yourself and others. Each one is based on the latest thinking and is presented in a digestible and practical format. You can learn one day and apply on the next!

Fun, interactive but above all, impactful, they provide the knowledge and tools for personal change in a fast and efficient way.

Our sessions are delivered by leaders in their fields; experts who know how to get information across quickly and effectively and these courses perfectly complement our books – **Staying Sane in Business** and **Mind Body Balance**.



Stress Works

This is our foundation course.

Stress can motivate you. Stress can make you ill. Stress can even kill you. Understand:

- » What stress really is
- » The scale of the stress epidemic
- » The minimum managers need to know
- » How stress impacts on the body
- » The three stages of stress
- » What causes stress at work
- » The signs of anxiety and depression
- » What resilience is
- » The building blocks of resilient living
- » How to help people who are experiencing stress

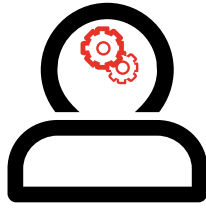
Then progress to one or more of our wellbeing masterclasses ...



Resilience Works

This is our toolkit for resilient living. Build skills in:

- » Understanding stress beliefs
- » Neutralising bad habits
- » Adopting a growth mindset
- » Making stress your friend
- » Watching what you eat and drink
- » Simple but effective ways to ways to relax
- » Getting some balance back into your life



Thinking Works

You don't think well when you are stressed. Harnessing the power of positive psychology can increase your confidence and control and build your resilience further. In this workshop, we explore thinking in more depth. Learn:

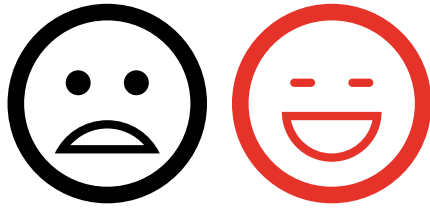
- » Why the stressed mind doesn't think straight
- » How and why to calm the body before you work with the mind
- » How to avoid common thinking errors
- » How to deal with your moods
- » The ABCD of mind management
- » How to build a Personal Effectiveness Plan



Connection Works

Hell can be other people! It doesn't have to be this way. We are wired to connect and form relationships but getting on with other people can be a major source of stress. Explore:

- » The different ways in which people relate to each other
- » Useful models – from SCARF to PAC!
- » How to be assertive
- » How to deal with conflict
- » Getting a stuck relationship back on track



Emotion Works

Managing our moods and emotions at work can be stressful for ourselves and others: Feel of the benefits of:

- » Being in the moment
- » Having a positive mindset
- » Avoiding emotional high-jacks
- » Discovering your authentic emotions
- » Picking up others' real feelings
- » Stating your needs
- » Showing self-compassion



Mindfulness Works

Discover how mindfulness can be used to enhance wellbeing, mood and effectiveness. Calmly focus on:

- » The ABC of mindfulness
- » The impact of mindfulness on thoughts, emotions and behaviour
- » Practicing a mindful approach to work and life
- » Practical steps to get started



Exercise Works

Neglect the body and you neglect the mind! Get moving and stretch yourself to explore:

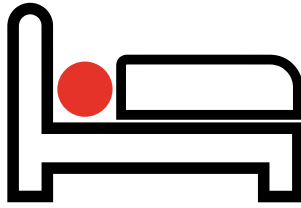
- » The benefits of exercise
- » The minimum you need to be doing each week
- » Strength training versus cardio
- » Sample exercise programmes for busy people
- » How to get help and avoid injury



Nutrition Works

Eating well can be a challenge with a busy life but it's an essential foundation for your wellbeing. Learn:

- » How stress impacts on your eating
- » The importance of hydration
- » Optimum nutrition for resilience
- » The importance of managing blood sugar
- » The basics of maintaining gut health
- » Supplements that can help



Sleep Works

One of the first things that suffers when you are not looking after your wellbeing is your sleep. Relax and explore:

- » The structure of sleep
- » How stress impacts on sleep
- » Healthy sleep habits
- » Dealing with broken sleep and insomnia
- » The links between diet, exercise and a good night's sleep



Balance Works

Take control and manage your work-life balance through a seven-step process to help yourself to a better life. Invest the time to:

- » Identify what matters most at work and at home
- » Break behavioural habits that sabotage balance
- » Learn win-win communication skills to negotiate boundaries
- » Develop strategies to achieve fulfilment



"If you don't think your anxiety, depression, sadness and stress impact your physical health, think again. All of these emotions trigger chemical reactions in your body, which can lead to inflammation and a weakened immune system. Learn how to cope, sweet friend. There will always be dark days."

Kris Carr

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"The components of anxiety, stress, fear, and anger do not exist independently of you in the world. They simply do not exist in the physical world, even though we talk about them as if they do."

Wayne Dyer





"The greatest weapon against stress is our ability to choose one thought over another."

William James

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