



# Emotional Health & Resilience Webinar Series

## Crisis to Relief to Recovery

Tips and Tools to manage change, uncertainty and in time...recovery

With many restrictions in place to limit the spread of the Novel Coronavirus (COVID-19), like social distancing, travel bans and working from home, many employees are finding it hard to cope with their new reality. The lack of human interaction, the increased financial pressures and the juggling between home and work life are adding a lot of additional stress and anxiety to an already difficult and uncertain situation. Whilst cutting down on commute time and having more flexibility around the house can be beneficial, **most employees are struggling to manage the substantial work-related, personal and social changes** that social distancing and working from home are demanding. Our **“Crisis to Relief to Recovery”** webinar series delivered by a Registered Psychologist and Lifestyle Medicine Specialist will support your employees to maintain perspective, adapt and manage these challenging times successfully.

Crisis to Relief to Recovery Webinar Series	Live Webinar with Q&A
Ideal for	WFH employees Live with opportunity to interact and ask questions
Group size	Max 20
Length	3 x 45 mins webinars (Incl. Q&A)
Topics	Part 1- Managing in times of crisis Part 2 – Reaching for Strength Part 3 – Recovery from disruption
Delivered by	Registered Psychologist and Lifestyle Medicine Specialist Certified Coach
Post Webinar Handout	✓
Smart Strategies Cards	✓

**WHY THIS SERVICE ?**

This webinar series is ideal to ensure employees have strategies for remaining productive and purposeful, the necessary skills to deal with challenges and change and the capacity to manage effectively in times of uncertainty.

### Requirements to conduct the Mental Health & Resilience Webinar Series:

- A desktop, laptop or tablet / smartphone with access to the internet and a videoconference platform such as Zoom.

