

“Thrive not just Survive!”

Workshop Series

Information for Decision Makers

The "Thrive Not Just Survive" workshop series is the most popular program offered by Enable Occupational Therapy in Mental Health. Known for its ability to give people practical skills that prevent burn-out, relationship breakdown, and the development of stress-related illnesses, it has been run frequently throughout Queensland over the past decade solely on the basis of recommendations made by people who've experienced the benefits of participation and believe others could benefit too.

Enable OT has been privileged to host thousands of participants through all or some of the modules in the series. They've experienced workshops on personal well-being that are based in the latest evidence, but are presented in a powerful, entertaining and down-to-earth manner with lots of stories to help the content resonate. According to feedback, this series has been delivered successfully at National Conferences where delegates expect (and get) a high quality presentation, right down to the smallest handful of people sitting outside under a tree in a remote indigenous community.

The program is designed to be flexibly delivered. Lengths can range from a few hours to a couple of days depending on the number of modules chosen. Many organisations choose to spread the modules out over a year to create a sustained momentum for well-being for their staff/clients.

Module Topics:

Emotional Energy

Emotional Energy is something most people don't even know exists - yet it is the critical factor underpinning resilience to stress, motivation, time management, and generally feeling good about life. The lack of properly managing emotional energy leads people to become burnt-out, depressed and/or develop other stress related conditions. In this module we teach people how to understand emotional energy, recognise the warning signs indicating depletion (finding it hard to care, pushing self to get things done, procrastination, and losing it over small things) and then to apply straightforward strategies to maximise emotional energy levels. Thus they learn how to give enormously to others, manage a heavy burden of responsibilities/commitments/care and still look after themselves.

Half-day.

Working Relationships

This topic helps participants to understand healthy relationships at home and work. They learn how to effectively communicate, to build up relationships so they are mutually satisfying, to sort through conflicts, and how not to create destructive dynamics in the workplace that lead to breeding low morale - the factor that research tells us is the most significant in the development of work-related mental health injuries. The module winds up with how to influence others for change by learning how to powerfully use self as a tool.

Half-day.

Purpose & Passion 1.5hrs

Even with a 'good life', something can be missing. Life can lack zest, & fulfilment. People start to find themselves becoming 'less and less' rather than 'more and more' as they journey through life. Human beings, it seems, are uniquely fired up to do certain things that excite & absorb them. Knowing how to find this can be a challenge. In this module, participants learn to recognise what is a 'life worth living' for them and to let go the things that hold them back bring it into fruition.

Sleep 1.5hrs

For something that we do for a third of our life, it's amazing how little we know about sleep, and how much we abuse it. To operate to our full potential in life, it is important to understand what happens when we do and don't sleep. By looking at the neuroscience, we can learn to manage problems such as sleep deprivation, difficulties getting off to sleep and unnecessary waking from sleep. Strategies are taught in simply 'how to' language. We also look at using naps, dreams and body clock cycles effectively. The benefits of good quality sleep to emotional and physical well-being, time management and resilience are strongly emphasised.

Emotional Wisdom 1.5hrs

Feelings produce such energy and stimulate action but are confounding in their tendency to bamboozle and overwhelm. Many people don't know what to do with them. In this topic, we confront the perception that feelings (all of them) are problematic. Participants learn how to use feelings in a powerful way to live life to the full. They also benefit from some great tricks for decreasing the intensity of the feelings so they can think their way to an integrated response.

Real-life Time Management

"Too much to do and not enough time" – it's what many say and maybe its true. There IS a point where a person cannot fit anything more into a schedule – time is, as we know, a limited resource. But what if there were some simple tricks to make the most of the time a person has available and they are not using them because they are not aware of what can be done. Most time management books don't effectively teach how to maximise self as a resource in such a way that works in the context of 'real life' demands. This module takes into account that real-life happens and we all get snowed under at times. It looks at strategies that actually work for people who have a lot to do and who struggle to fit it all in.

2hrs

What you need to know if you are considering the TNJS Workshop Series for your organisation:

1. Emotional Energy **First** then any topic [or topic mix] to follow

Emotional Energy is a pre-requisite for all other module topics. The reason is simple: in addition to being the linchpin to thriving in its own right, emotional energy is critical for a person's capacity to put other changes into place. Participants who have attended other modules first definitely learn great strategies, but without the energy to put those strategies into play, the content is useless to actually producing a positive change in their lives. This is so much the case that we insist "Emotional Energy" first, then anything else you'd like!

2. The best way to choose what's next:

There's no right or wrong way but we suggest **letting participants choose on-the-day tends to have the greatest positive impact.** They'll vote for the topic(s) most relevant to their need right then, which means they will be more open to using the content to transform their lives.

You can, of course, distribute the topics beforehand but then topic selection tends to be skewed towards those who submitted preferences and miss being relevant for the many who didn't get around to it for various reasons. Also, the topics thus selected might not remain the most relevant by the time the workshop date actually rolls around.

There is much appeal to organisers in selecting the topics based on known "challenges" within their organisation. Our experience would indicate that precisely the people you wish to embrace the workshop content will be the most resistant to it AND they might work out you are targeting them. This approach backfires more often than it works.

3. Scheduling:

Almost limitless options to suit what works best at your end:

- Business hours and outside business hours
- During a full day (EE+ one or two additional topics depending on choice), a half-day (EE or two other topics if EE has been completed previously), or shorter sessions the precise length of the shorter modules (again, if EE has been completed previously)
- You can even have the modules conducted over a dinner event - the chosen module split over courses.
- It is not recommended to cover all the topics over a full two day period as the amount people learn overwhelms them and results in paralysis rather than change.

4. No min. or max. number of participants. No venue impossible to use.

There are no minimum or maximum numbers for running any of the modules. The program involves interactive teaching where our presenter, Christine Coop (Occupational Therapist), writes on her Tablet PC as she talks, and the information is projected onto a screen.

- **For <12 participants:** Christine can bring a small data projector suitable for the task which gives an image the size of a large TV screen. All that needs to be provided by organisers is a screen/bare wall and power outlet. She can also plug the Tablet PC via wifi adapter to any TV that has a HDMI input.
- **For >12 participants (up to hundreds):** Christine's can connect her Tablet PC via the standard connections on all projectors (SVGA or HDMI). The projector will need to be supplied, along with the screen, at your end.
- **For contexts where low-tech is preferred** (eg. if you want to run the workshop under a gazebo at a beachfront... believe us, it's been done before!), all Christine needs is a large whiteboard in good condition. In that situation, your numbers will be limited to how many can comfortably sit in your venue and still see the board.

5. Price

You'll have to contact us for a quote that matches your specific needs because the options are so flexible - based on the number of modules, the costs of travel, and the number of participants. Some things to consider: (1) **Enable Occupational Therapy in Mental Health is based in Townsville** so any location outside the immediate Townsville area involves travel costs as part of the quote. (2) Workshop delivery costs are a **flat rate for up to 50 participants**. Above 50 participants there is a per participant fee to cover the cost of learning resources handed out. (3) Any quote includes our charge for delivery of the program (including resources and handouts) for the identified number of people, plus any costs associated with travel. (4) Venue and catering will need to be organised and funded separately by your organisation. (5) **Special reduced prices exist** for Not-for-Profit Organisations and Small Business with less than 10 employees.

