

# Coping with Covid

## LifeClubs pick-me-up solutions

To help with the challenges we're all facing, LifeClubs is offering live, interactive 60-minute webinars for you and your teams. We want to enable you all to feel happier and more productive, rather than fed up from the monotony of working from home or finding it hard to balance all your commitments.

Using our fun, inspirational and highly interactive webinars, we will support you and connect you online to your colleagues, many of whom may be feeling the same way (or worse) than you.

In each webinar we aim to give you our trademark *Lifeclub Moments* – simple epiphanies that create and support positive mental health and will bring about lasting changes in your life and work.

You choose which workshops you want to run from our list of ten overleaf, each carefully selected from our 60+ workshops to help you master life in a Covid-19 world. If you can't see what you're looking for, do ask to see our full list.

If you'd like to explore running these webinars live or adding them to your intranet, please contact [nina@lifeclubs.co.uk](mailto:nina@lifeclubs.co.uk)

*We are offering huge Covid discounts on our usual price of £1,750 a webinar - we'd like you to use them.*

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'Helped me with thinking more positively about the current situation'.

– Participant

# Coping with Covid

## \*LifeClubs top five wellbeing webinars

- \*Changing your mindset
- \*Creating the right balance for you
- \*Dealing with change
- \*Finding peace in the eye of the storm
- \*Raising your resilience
- Just keep swimming
- Mapping your future
- Motivation, motivation, motivation
- Overcoming negativity
- Realistic expectations

Those with an \* are our most popular workshops during Covid.

To change the way your colleagues think and feel we believe it's essential to host a wellbeing webinar a month - not just during lockdowns. We've been doing this for years in some organisations and the changes are wonderful to experience.

Scroll down to read more about each webinar.

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'Made me feel good about myself - thank you'.

– Participant

## LifeClubs pick-me-up solutions for the current climate

### \* **Changing your mindset**

Discover the reasons behind your fear of change, learn tools to help you challenge your old belief systems and techniques you can use to change your behaviours, becoming more flexible and, therefore, productive.

### **Objectives**

- \* Understanding the benefits of changing your beliefs
- \* Learn the three reasons we avoid change
- \* Build a roadmap to personal change

### \* **Creating the right balance for you**

We often make choices which don't actually reflect the balance we want in our lives, leading us to feel unfulfilled, unhappy and achieving less both in the workplace and outside of it. Learn the balance you want and how to achieve it.

### **Objectives**

- \* Realise how what you want changes throughout your life
- \* Understand the life balance you want right now
- \* Learn how to achieve your ideal life balance

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'I'm better at handling change than I thought. The webinar has been life affirming'.

– Participant

## LifeClubs pick-me-up solutions for the current climate

### \* Dealing with change

Focus on integrating and understanding the cycle of change, the different stages and different emotions related to each stage.

### Objectives

- \* Discover the Medieval wheel of fortune, a model of change
- \* Set yourself on a path for change in self-identified areas
- \* Learn how to deal with change so it affects you less powerfully

### \* Finding peace in the eye of the storm

What helps someone to relax is a very personal thing. This workshop is about helping you to find your key to switching off. We will introduce you to three different personality types, each with its own special ways of relaxing.

### Objectives

- \* Find what type of person you are - head, heart or body type and the characteristics of each type
- \* Discover what relaxes you through understanding your type
- \* Learn how to 'switch off'

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'Good to take time to think about the things we are normally too busy to consider'.

– Participant

## LifeClubs pick-me-up solutions for the current climate

### \* Raising your resilience

Learn how resilience works and the key tools you can use to grow your resilience. Leave with your own personal resilience toolkit, to help you combat your stress and get you living and working confidently and productively.

### Objectives

- \* Learn that resilience is a skillset we can all acquire
- \* Discover the factors that enable us to bounce back quicker
- \* Collect your resilience tools so you can access them easily.

### Just keep swimming...

By learning about the three causes of procrastination you will be able to classify, understand and manage your time-wasting behaviours accordingly.

### Objectives

- \* Learn the three main reasons why people procrastinate
- \* Identify the root of your procrastination
- \* Apply your learning to a real-life procrastination problem

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'I have loved the balance of taught input to reflection, workshop activities and sharing our thoughts with others.'

– Participant

## LifeClubs pick-me-up solutions for the current climate

### Mapping your future

By simply drawing circles, this workshop will tap into your unconscious and use your intuition to plan your ideal future.

### Objectives

- \* Gain perspective on what's important in your life today
- \* See what you have left behind and what's ahead in the future
- \* Learn how elements in your life are inter-connected

### Motivation, motivation, motivation

Each of us have our own unique motivational toolkit. In this workshop you'll find your innate motivational tools and the self-talk that works for you, enabling you to achieve whatever it is you want.

### Objectives

- \* Finding what has worked for you in the past
- \* Learning the 'self talk' which suits you
- \* Assemble your motivational toolkit to get you going and staying motivated

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'Full of really unique content that has really got me thinking'.

– Participant

## LifeClubs pick-me-up solutions for the current climate

### Overcoming negativity

An introduction to our positive and negative belief loops and how to get from one to the other. Plus how to change your negative beliefs to more positive equivalents.

### Objectives

- \* Learn where your negative beliefs come from
- \* Understand how to exit from a 'negative belief loop'
- \* See the results of stepping away from your negative beliefs

### Realistic expectations

Becoming conscious of how many expectations we all have and how much simpler and happier life would be if we had none - or at least far fewer.

### Objectives

- \* Start noticing your expectations
- \* Realise what expectations others have of you
- \* Experience dropping expectations altogether

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'These webinars were great and should continue after the pandemic'.

– Participant

## LifeClubs pick-me-up solutions for the current climate

Thank you for looking at our especially chosen webinars for this period in time. We have over fifty more to choose from if you're curious.

Looking forward to hearing from you

All of us at LifeClubs

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'These webinars have really got me thinking. I now realise I have the wherewithal to help myself'.

– Participant