

# Covid & post-lockdown

## 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 to be run both during lockdowns and post-lockdowns. We want to enable you all to feel happier and more productive, rather than fed up with 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 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 *Lifebulb 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 either list, each carefully selected from our 60+ workshops to help you and your colleagues master life in a Covid or post-lockdown world. If you can't see what you're looking for, please 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)

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

– Participant

# Coping with Covid

\*LifeClubs top five wellbeing webinars during lockdown

- \*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

For our *Who am I after lockdown?* selection of webinars, please turn over. You can pick and choose from both lists.

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

# Who am I after lockdown?

\*LifeClubs top five wellbeing webinars after lockdown

- \*Understanding your values
- \*Creating the year you want post-lockdown
- \*Challenging assumptions
- \*Minimising stress
- \*Solving problems logically
- Making more of your time
- Getting yourself out there
- Making relationships work
- Developing a positive self-image
- Be successful now

Those with an \* are our most relevant workshops post-lockdown. Our Covid webinars and all our others are still available.

To change the way your colleagues think and feel we believe it's essential to host a wellbeing webinar a month. 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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'Lots of food for thought - as always'.

– Participant

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

### \* **Be successful now**

It's been difficult to feel successful during the pandemic and yet feeling successful is what can motivate us, keep our confidence and resilience buoyant and help us take risks. Learn again to feel successful now - when it's most needed.

### **Objectives**

- \* Find your 'successful self' perspective
- \* Apply success thinking to our daily lives
- \* Pull success out of failures

### \* **Challenging assumptions**

We have been living in the unknown for a while and it's become easy to leap into assuming everything as nothing has been certain. Let this webinar inspire you into expanding your mind again.

### **Objectives**

- \* Notice your assumptions
- \* Realise how you're limiting your opportunities
- \* Be inspired to go beyond your assumptions

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'Really helpful to improve positivity and focus'.

– 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

### \* Creating the year you want post-lockdown

It's been difficult during lockdown to do what we really want. We've discovered or re-discovered former strengths and lost others. This webinar has been designed to help you create a happier and a more fulfilled you.

#### Objectives

- \* Notice what you've been missing
- \* Identify what you really want
- \* Jump into the future to see what your year really looks like

### \* 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

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'Within a very short space of time you made me reflect and look forward simultaneously'.

– Participant

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

### \* Developing a positive self-image

Since online meetings have kept us from revealing our bodies, our wardrobes and, to an extent, our thoughts, this workshop is invaluable to help with coming out again into the world.

### Objectives

- \* Tips for improving self-image
- \* Build your confidence in a short space of time
- \* Designed to help you re-integrate with colleagues

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

What helps someone to relax is a very personal thing.

This workshop will help you find your key to switching off through finding your personality type.

### Objectives

- \* Explore whether you're a head, heart or body type
- \* Discover what relaxes you through understanding your type
- \* Learn how to 'switch off'

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'Despite not seeing most of the other participants, I felt very connected to them - great use of chatbox'.

– Participant

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

### \* **Getting yourself 'out there'**

Since online meetings have kept us from revealing our wardrobes, our bodies and, to an extent, our thoughts, this workshop is invaluable to help with coming out again into the world.

### **Objectives**

- \* Tips for improving self-image
- \* Build your confidence in a short space of time
- \* Designed to help you re-integrate with colleagues

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

– Participant



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### \* **Making more of your time**

Working from home has shown us just what can be accomplished in a day. Once we change our working pattern again we may need to learn (or remind ourselves) of some tricks to get it all done - and more.

### **Objectives**

- \* Discover common time-wasters and how to avoid them
- \* Learn a process to maximise your time
- \* Identify what you can do differently

### \* **Making relationships work**

Many of us have forgotten the relationships we have and how they work. Understand what needs to happen to kick-start them anew and make them run smoothly.

### **Objectives**

- \* Gain insights into what makes relationships work
- \* Understand the role you play in a relationship
- \* Learn how to build (or re-build) and sustain relationships

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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

### \* 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've left behind and what's ahead in the future
- \* Learn how elements in your life are inter-connected

### \* Minimising stress

All this chopping and changing in our lives has been stressful. It's time now to take control of our lives again and relax a little.

#### Objectives

- \* Identify what causes you stress
- \* Learn techniques to deal with and reduce stress
- \* Take stock of who you are

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'Began to create a vision for my future rather than continuing to feel stuck as I have for some time now'.

– Participant

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

### \* **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

### \* **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

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'Very clever stuff that's executed in such a user-friendly and palatable way'.

– Participant

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### \* **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.

### \* **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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'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

### \* Solving problems logically

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

### \* Understanding your values

Since online meetings have kept us from revealing our bodies, our wardrobes and, to an extent, our thoughts, this workshop is invaluable to help with coming out again into the world.

### Objectives

- \* Tips for improving self-image
- \* Build your confidence in a short space of time
- \* Designed to help you re-integrate with colleagues

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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