

# equip

work | life | well-being

Equip is a program of five 90-minute workshops based on scientific research to help people feel and work at their best. It connects everyday people with insights, practical skills, and effective strategies that can increase their well-being and resilience.

## Benefits to individuals include:

- Greater well-being
- Higher work and life satisfaction
- Lower stress
- Reduced anxiety
- Better mood
- Higher self-esteem
- Improved physical health
- Enhanced motivation
- Improved relationships
- Fewer negative emotions
- Greater psychological flexibility

## Benefits to businesses include:

- Greater engagement
- Increased productivity
- Positive work behaviours
- Improved organisational climate
- More resilience
- Less burnout
- More effective leadership
- Less staff turnover
- Greater sales
- Fewer sick days
- Increased innovation

## Overview of each session:



1

### Well-being, resilience, and strengths

- Understand well-being and resilience
- Discover and use your strengths in new ways

2

### Attention and mindfulness

- Feel better by harnessing attention
- Handle unpleasant experiences effectively

3

### Mindset, optimism, and adversity

- Learn adaptive ways of thinking
- Develop positive approaches to difficulty

4

### Achievement, motivation, and flow

- Reshape tasks to enhance motivation
- Enjoy activities more and perform better

5

### Success, hope, and lasting change

- Learn how to maintain hope and succeed
- Achieve and sustain a personal change