



TREE YELLOW

LIFE AT WORK

Corporate Wellness Training  
and Consultancy

**Virtual Wellbeing Academy**





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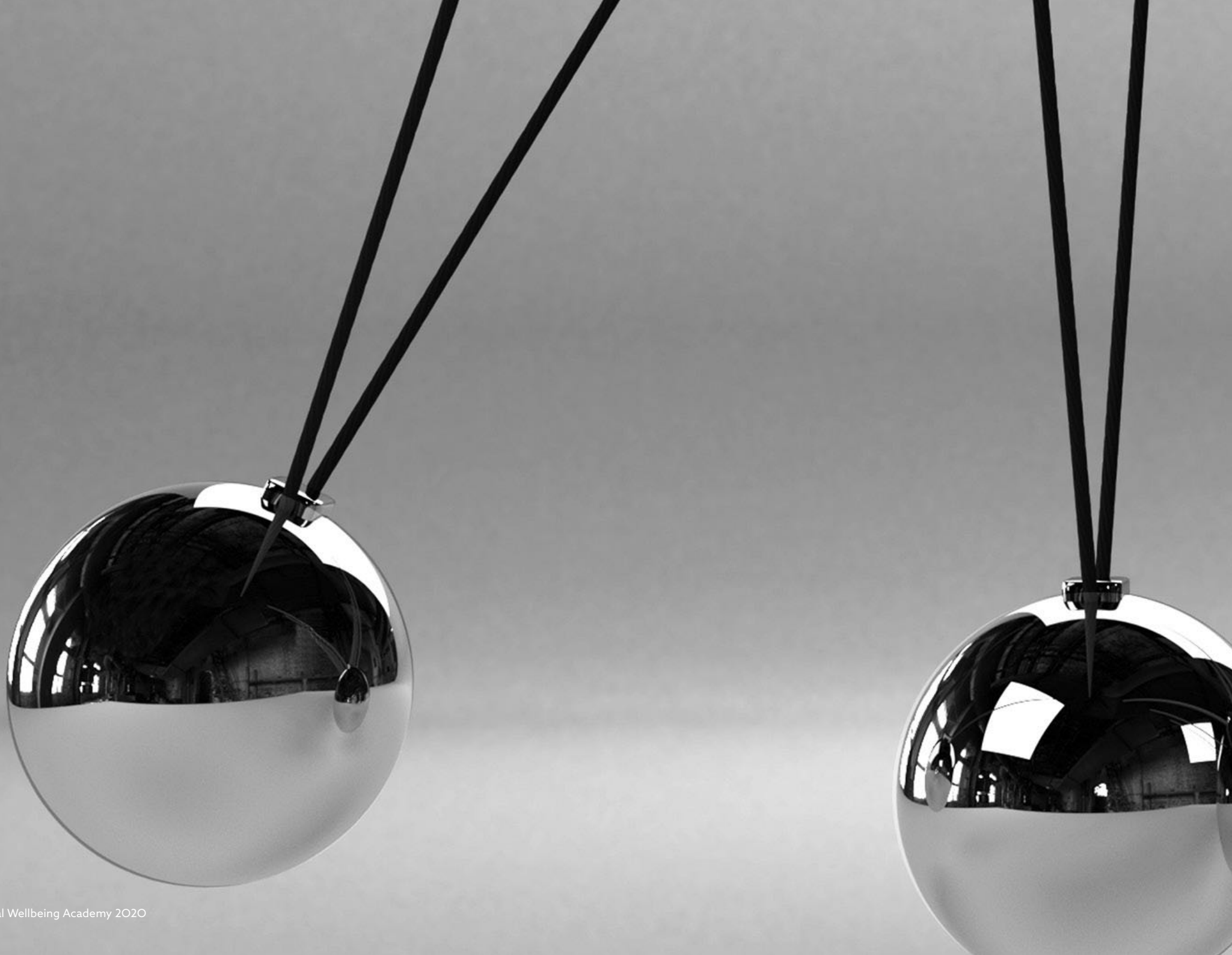
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We are living in unprecedented times and in the current climate we find ourselves being challenged to adapt on a daily basis. Businesses are navigating uncharted territory, often with teams working remotely and relying on technology as never before. As each of us learn new ways to work, leaders are looking for ways to support individuals and teams.

To help your team and business (and yourself!) as you meet these personal and professional challenges, we have drawn together a number of impactful wellbeing, resilience and business programmes to support you. These programmes are highly interactive and engaging, combining deep insight with practical tools and techniques.

## Learning Format

### Virtual Classroom (60 mins – 2 days)

- Worksheets
- Time to share ideas as a group
- Breakout rooms
- Feedback on key learning
- Interactive elements (eg online polls)

### Webinar event (60 – 90 mins)

- Live facilitated delivery
- Worksheets
- Interactive elements (eg online polls)
- Live Q&A sessions

## Wellbeing Programmes

Optimise physical, emotional, social and mental wellbeing for the workplace.

### **Corporate Wellbeing 101: for HR and Line Managers**

This course grounds you in the fundamental principles of health, wellness and wellbeing and their relationship to the corporate environment.

### **Leading for Wellbeing**

Learn how you as a leader play a pivotal role in fostering the wellbeing of teams through the behaviour you model and the leadership style you choose.

### **The Science of Wellbeing**

Using the latest scientific research from various disciplines we explore proven steps to cultivate wellbeing and build it into our lives to enable us to thrive at work.

### **Wellbeing Coaching Skills for Line Managers**

This course explores health, wellness and wellbeing and grounds you in its fundamental principles. Learn why people get stuck in unhelpful habits and discover science-based strategies you can use to help people change for good. This course is designed for anyone who wants to positively influence others.

### **1-2-1 Health and Wellbeing Coaching**

Individual Wellbeing Coaching to transform how you feel, overcome challenges and build high performing behaviour and thinking styles that unlock results. This process is based on 7 essentials that we all need to have in place before starting any new wellness activity.

### **Winning Ways: Optimise and Energise**

Learn how to build healthy habits and rituals to optimise your physical and mental energy throughout the day.

### **Strike A Balance: Rest, Recovery and Energy Management**

Learn how to identify key priorities, optimise your time, manage your energy and restore balance for sustained performance.

### **Stress Less**

Explore our body's physical stress response and its impact on health and wellbeing. Learn practical tools, tips and strategies to take back control of the demands on our life and reduce stress.

## Resilience

Coming back from adversity.  
Keeping going in challenging  
times.

### **Building Personal Resilience**

Packed full of 'tried and tested' resilience-building techniques, this introductory programme explores the 4 pillars of resilience at a high level.

### **Physical Resilience**

Reduce the risk of burnout and illness by embracing the key principles of physical resilience. Book a high-level introductory course to all areas of physical resilience or dive deep into the individual areas of nutrition, movement, and rest and recovery.

### **Mental Resilience**

Adapt to uncertainty and adversity by thinking more optimistically, laterally and flexibly than you ever thought possible. Explore the components of Story (self-talk), Focus and Attention.

### **Emotional Fitness**

Apply the components of Emotional Intelligence to become more adaptable, motivate others, stay calm under pressure and implement and drive change. Step out of autopilot and build greater Self-Awareness, Focus and Presence to build your emotional fitness.

### **Social Skills**

Understand the importance of strong relationships and how to significantly improve them. Book an introductory course, or dive deep into the individual components of Presence (being in the moment), Connection (communication and teamwork) and Support.

## Fit to Lead

A strong foundation of personal energy, resilience, brain performance and capability are recognised as essential to sustain high performance leadership.

### Choose from our 3 Packages

#### STANDARD

A 2-day leadership training programme (group learning) that outlines the tools and concepts that you can utilise to improve and sustain personal energy and resilience.

Delegates will be introduced to our practical strategies which they can work on personally after the programme. Group Coaching may also be requested.

#### EXECUTIVE

Working with a wellness coach the executive programme supports you over a 3-month period as you integrate the Fit To Lead strategies into your life.

Once the program is complete, clients are welcome to continue on a month-to-month basis to both refine what they've learned.

#### PREMIUM

Working with a wellness coach, fitness trainer and nutritionist, The Premium Program follows a personalized syllabus over a 3 month period to support you in practically mastering the Fit to Lead strategies in your life.

Once the program is complete, clients are welcome to continue on a month to month basis to both refine what they have learned.



## **Remote** **Working**

Learn how to thrive, keep connected and stay motivated when working remotely.

### **Leading Virtual Teams**

Structuring and Leading Distributed Teams

### **Communicating with Trust**

Understanding Asynchronous Communication for Distributed Teams

### **Most Zoom Calls Are a Waste of Time!**

Running Effective Online Meetings

### **SCRAP**

The Art of Structuring an email!

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## About Tree Yellow

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**Tree Yellow Training and Consulting** founded out of a passion for driving wellbeing in business, to impact workplace engagement and business results.

We work with you in creating high performing, happy, healthy and engaged workforces through the application of neuroscience, modern technology, mindfulness and other cutting edge techniques.

Tree Yellow prides itself on being a highly innovative, interactive and engaging organization. We offer programs that guarantee a positive experience for all participants.

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**TO AFFECT  
THE QUALITY  
OF THE DAY,  
THAT IS THE  
HIGHEST  
OF ARTS.**

- Henry David Thoreau

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