



WELLNESS CHECK-IN

WEBCAST RECORDING

Catch up	Social licenses and psychological safety in your workspace
Catch up	Creating happiness in challenging times
Catch up	What is mental health, and dispelling the stigmatisation associated with mental health.
Catch up	Why EQ (emotional intelligence) is important for success .
Catch up	Emotional Flexibility
Catch up	Mental wealth survival guide for Moms
Catch up	The gender impact on mental health and wellbeing
Catch up	Job stress is causing the economy billions! How can Employers help?
Catch up	Getting into 'Flow': the zone of optimal performance
Catch up	Your mental health during crisis
Catch up	Coping mechanisms for stress, anxiety and depression
Catch up	Identifying potential triggers for stress, anxiety and depression
Catch up	Mental Health in the workplace.
Catch up	Why Relationships are difficult and what we can do about it.
Catch up	Mental Toughness
Catch up	Why a High Emotional Quotient to Thrive in a D-VUCAD World.
Catch up	Employee wellness and productivity
Catch up	A Healthy Business Model
Catch up	Building your resilience and fostering wellbeing



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Catch up	Coping with anxiety-Life is Tough, but so are you
Catch up	How core beliefs shape our behaviour
Catch up	Mental toughness vs mental flexibility
Catch up	Women and their mental health
Catch up	The cultural impact on Wellbeing
Catch up	The impact of Financial Distress on Mental Wealth
Catch up	Leading for wellbeing: Managers have a significant impact on mental health
Catch up	Rethinking disruption and how to Improve productivity in the workplace
Catch up	The Impact of Mental Health on the economy



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ARTICLES & PODCASTS

Read	Mental Health and how to cope better at work and home
Read	Living a life filled with soul, flow and grace
Read	Why is the 'WHY' so important by Dr Kirsten van Heerden
Read	Always ready to ROAR
Read	Be your unique authentic self
Read	Living your purpose
Read	Thriving in the new Normal
Read	Working to live, not living to work
Read	Yoga for stress relief
Read	5 Ways to manage office conflict
Read	Avoid distractions at work
Read	Your wellness and reinventing your workspace
Podcast	Creating happiness in challenging times
Podcast	Emotional Flexibility
Podcast	Anxiety and Depression
Podcast	Jonny Jacobs - Ending the stigma around mental health



WELLNESS CHECK-IN

PRESENTATIONS

[Download presentation](#)

Creating happiness in challenging times

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What is mental health, and dispelling the stigmatisation associated with mental health

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Why EQ is important for success

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Emotional Flexibility

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Coping mechanisms for stress, anxiety and depression

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Potential triggers

[Download Presentation](#)

Coping with anxiety-Life is Tough, but so are you

[Download Presentation](#)

How core beliefs shape our behaviour

[Download Presentation](#)

Mental toughness vs mental flexibility



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PRESENTATIONS

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Wellness and Culture

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The Cultural Impact on Wellbeing

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Leading for wellbeing: Managers have a significant impact on mental health

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The Impact of Mental Health on the economy



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ADDITIONAL RESOURCES

Register now	The VIA Character Strengths Survey
Watch now	Asking the right questions - Simon Sinek "Start With Why"
Read more	Susan Davids
Watch Now	The gift and power of emotional courage Susan David
Read more	South African Depression and Anxiety Group
Watch Now	Asking the right questions - Simon Sinek "Start With Why"
Watch Now	Brené Brown - Today I'll choose courage over comfort
Read more	Calm your anxious mind – breathing techniques
Read more	Emotional Intelligence by Daniel Goleman
View now	Roar by Marilise de Villiers CA(SA)
View now	Seven habits of highly effective people by Stephen Covey
View now	12 Rules for life by Jordan B
Read now	ABC Model of Cognitive Behavioral Therapy
Read now	Whistle-blower protection
Read more	SADAG (South African Depression and anxiety group)



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ADDITIONAL RESOURCES

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Embracing your elegant power

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Vimbo Health