



WELLNESS CHECK-IN

WEBCAST RECORDING

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	The gender impact on mental health and wellbeing
Catch up	Coping mechanisms 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	Assertiveness and Confidence - where does it begin?
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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RESOURCES & PRESENTATIONS

Register now	The VIA Character Strengths Survey
Watch now	Asking the right questions - Simon Sinek "Start With Why"
Read about the Author	Book – Flow
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	Article
View	More resources on mental health and wellbeing



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RESOURCES & PRESENTATIONS

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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



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