

Learning & Development Programme Catalogue



Learning & Development Catalogue Overview

Intellect offers evidence-based sessions designed to enhance employee wellbeing, engagement, and resilience. Rooted in psychology, coaching, and organisational development, our interactive programmes empower individuals and leaders to thrive personally and professionally.

Our programmes address both personal and professional growth, equipping participants with tools to navigate challenges, build resilience, and foster long-term success.

Programme Types



Psychoeducation & Learning



Webinars/Seminars

Bite-sized virtual or in-person sessions that raise awareness and introduce key strategies for wellbeing and performance.

*Virtual: up to 1000 pax
Onsite: up to 80 pax*



Strategic Engagements



Panel Discussions & Fireside Chats

Interactive 2–3 panelist discussions moderated by Intellect, sharing insights and real-life experiences.

*Virtual: up to 1000 pax
Onsite: up to 80 pax*



Experiential Sessions



Mindfulness Sessions

Guided mindfulness session cultivating calm, focus, and presence, helping participants reset and recharge.

Virtual only: up to 1000 pax



Skills-Building Workshops



Interactive Workshops

Interactive, hands-on sessions with group exercises and discussions to build skills, shift mindsets, and drive practical change

Virtual/Onsite: Up to 25 pax

Certification Programme



Mental Health First Aid Courses

Our range of Mental Health First Aid (MHFA) programmes are designed to equip individuals and leaders with the skills to support mental health in the workplace.

Our Approach

Our programmes are designed to meet the diverse needs of various groups within your organisation. Recognising that different roles and life stages require tailored approaches, we curate topics to ensure relevance, impact, and meaningful outcomes for each audience.

Five Learning Pillars



Personal Effectiveness

Building resilience, managing stress, and supporting mental wellness.

Suitable for:
All employees



Empathy & Inclusion

Fostering inclusion and respect across diverse perspectives.

Suitable for:
All employees, leaders, HR



Leadership & Team Effectiveness

Leading with empathy, emotional intelligence, and psychological safety.

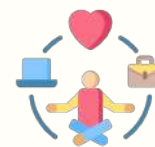
Suitable for:
Leaders & Managers



Organisational Wellbeing & Culture

Building trust, collaboration, and positive workplace culture.

Suitable for:
All employees



Holistic Wellness

Supporting holistic wellness: health, family, and work-life balance.

Suitable for:
All employees, Target population groups

Select Demographics



Fresh Graduates:
Building Confidence & Emotional Agility



Parents & Caregivers:
Balancing Care, Work, and Self



Women Leaders:
Leading with Confidence & Compassion



Men at Work:
Redefining Strength & Resilience



High Potentials & Emerging Leaders:
Unlocking Leadership Potential



HR & People Teams:
Shaping a Culture of Care



Senior Executives:
Sustaining Leadership Energy & Culture



Retirees:
Transitioning with Purpose

Topics Overview – Webinars/Seminars (60-min)

Personal Effectiveness

- Beyond the Awkward: Turning Performance Reviews into Positive Experiences
- Beyond the Likes: Cultivating Self-Worth in a Connected World
- Building Healthy Habits to Achieve The Goals You Want
- Building Resilience: Converting Adversity to Opportunities
- Confronting the Uncomfortable: Navigating Mental Health Conversations
- Conquering Procrastination: Strategies for Action-Oriented Living
- Cultivating Self-Compassion: Your Guide to Genuine Positivity
- Embrace the Unknown: Thriving Amidst Uncertain Times
- Emotion Regulation: Managing Our Emotions at Work and in Everyday Life
- Escaping the Perfectionism Trap
- Finding Calm Amidst the Storm: Coping with Distress, Trauma, and Anxiety
- Finding Your Purpose & Drive
- Fostering a Growth Mindset: Breaking Free from Limitations and Self-Doubt
- Living Gratefully: A Roadmap to a Positive and Empowered Life
- Mental Health Aid 101: Supporting Mental Health in the Workplace
- Navigating Loneliness: Embracing Solitude and Building Connection
- Proactive Skills to Manage Stress & Keep Burnout at Bay
- Reframing the Mind: Turning Everyday Narratives into Growth Stories
- Self-Care Isn't Selfish: Fuel Your Wellbeing By Prioritising Self-Care
- Tackling the Taboo: Confronting Stigma Surrounding Mental Health
- The Art of Saying No: Breaking Free from People-Pleasing
- The Power of Boundaries: How to Set and Maintain Healthy Limits
- The Power of Presence: Supporting Colleagues Through Loss

Coming soon:

- *Q4: The Race of Life: Balancing Ambition and Wellbeing*

Empathy & Inclusion

- Breaking Barriers: Navigating Women's Struggles & Empowering Change
- Breaking Cultural Barriers: Cultivating Cross-Cultural Intelligence
- Diversity, Equity & Inclusivity (DEI) in Action: Creating a Safe and Inclusive Workplace
- Fostering a Culture of Respect: Building an Inclusive Workplace for All
- From Stigma to Strength: Men's Mental Health
- The Bridge Builders: Fostering Intergenerational Collaboration
- Surrounded by Personalities: Connecting with Different Personality Types
- Walking in Her Shoes: Building Empathy for Women at Work

Coming soon:

- *Q4: Beyond Toughness: Embracing Emotions in Men*

Notes:

The topics listed above can be delivered as an awareness virtual webinar / onsite seminar (60-min).

Topics Overview – Webinars/Seminars (60-min)

Leadership & Team Effectiveness

- Active Listening: Beyond the Obvious
- Adaptive Leadership in Changing Times
- Authentic Leadership: From Vulnerability to Strength
- Building Trust and Rapport: The Heart of Effective Leadership
- Courageous Candour: Communicating with Clarity and Care
- From Awareness to Action: Supporting Mental Health in the Workplace
- Leadership Through a Generational Lens: Managing Multi-Generational Teams
- Navigating Difficult Conversations: Leading with Empathy
- The Power of Us: Promoting DEI at Work (for HR/Leaders)
- Unlocking Emotional Intelligence (EI) for Effective Leadership
- Unlocking Potential: Coaching Skills for Leaders

Coming soon:

- *Q4: Motivation Matters: Understanding What Truly Drives You and Your Team*

Organisational Wellbeing & Culture

- Coaching for Everyone
- Empowering Gender Equity: Challenging Bias, Championing Change
- Fostering Employee Engagement & Motivation
- Growth at Work: Building a Learning-Oriented Culture
- Micro-Actions for Macro-Impact: Small, Everyday Actions for Positive Culture
- Leveraging Positive Conflict in the Workplace
- Mastering the Art of Collaboration & Teamwork
- Psychological Safety, Trust & Empowerment
- Stronger Together: The Power of Diverse Teams
- The Heart of Connection: Emotional Intelligence in Interpersonal Dynamics
- Well-being Check: Prioritising Team Mental Health & Well-being
- Work-life Balance Hacked! Healthy Boundaries & Habits

Coming soon:

- *Q4: Feedforward: Creating a Thriving Culture of Continuous Improvement*

Notes:

The topics listed above can be delivered as an awareness virtual webinar / onsite seminar (60-min).

Topics Overview – Webinars/Seminars (60-min)

Holistic Wellness

Family & Social Wellbeing

- Conquer Chaos: Parent Hacks for Thriving at Home
- Empowering Your Child: Supporting Children's Mental Wellbeing
- Infertility: Navigating the Emotional Rollercoaster
- Navigating Menopause: Embracing Change with Confidence
- Navigating the Sandwich Generation: Building Resilience as Caregivers
- Sleep Smarter: Unlocking the Secrets to Better Rest
- Unplugged & Refreshed: Navigating Social Media Dependence for a Healthier You

Nutrition & Food

- Demystifying Food Labels: Your Path to Healthier Choices
- Eating for Longevity: What We Can Learn from the Blue Zones
- Food-Mood Connection: Wellbeing through Better Eating
- Gut Feelings: Building a Healthy Relationship with Food
- Nutrition & Disease Prevention: Your Gut, Your Health Guardian
- Unveiling the Science Behind Intermittent Fasting

*NOTE:
Available in English,
virtual only*

Physical Wellbeing

- Core Principles - How to Train Your "Athletic Brain"
- Mindful Movements for Moving Minds
- Recover like a Champ: Principles of Athletic Recovery for Everyday Individuals
- The Strength Blueprint: Squat, Hinge, Push, Pull and Core

*NOTE:
Available in English,
virtual only*

Coming soon:

- Q4: Stress Management Through Physical Activity

Notes:

The topics listed above can be delivered as an awareness virtual webinar / onsite seminar (60-min).

Topics Overview – Mindfulness Sessions (30-min), Interactive Workshops (3-hour)

30-Minute Mindfulness Sessions

- From Mind to Paper: A Guided Mindful Journaling Journey
- Mindful Moments: A 30-min Guided Journey to Calm
- Pause and Stretch: A Mindful Reset for Your Body and Mind

*NOTE:
Available in English,
virtual only*

3-hour Interactive Workshops

- Coaching Skills for Leaders
- DEI Training for a Mentally Healthy Workplace
- Emotion Regulation: Managing Emotions at Work and in Everyday Life
- New Horizons: Navigating the Early Years of Your Career
- New Managers: Shaping Visionary Leaders
- Parental Transition: A Mother's Guide to Workplace Harmony
- Proactive Skills to Manage Stress & Keep Burnout at Bay

*NOTE:
Available in English only*

Coming soon:

- *Q4: Psychological Safety, Trust & Empowerment*

Note: The programmes above are only available in English and delivered in the specified format.

Wellbeing Webinar Bundles by Demographic



Fresh Graduates: Building Confidence & Emotional Agility

Equip early-career professionals with self-leadership skills.

Suggested Topics:

- Finding Your Purpose & Drive
- Emotion Regulation: Managing Emotions at Work and in Everyday Life
- Building Resilience: Converting Adversity to Opportunities
- Fostering a Growth Mindset: Breaking Free from Limitations and Self-Doubt



Parents & Caregivers: Balancing Care, Work, and Self

Support working parents and caregivers in maintaining balance.

Suggested Topics:

- Conquer Chaos: Parent Hacks for Thriving at Home
- Navigating the Sandwich Generation: Building Resilience as Caregivers
- Cultivating Self-Compassion: Your Guide to Genuine Positivity
- Self-Care Isn't Selfish: Fuel Your Wellbeing by Prioritising Self-Care



Women Leaders: Leading with Confidence & Compassion

Empower women to lead authentically and navigate workplace challenges.

Suggested topics:

- Breaking Barriers: Navigating Women's Struggles & Empowering Change
- Reframing the Mind: Turning Everyday Narratives into Growth Stories
- The Power of Boundaries: How to Set and Maintain Healthy Limits
- Authentic Leadership: From Vulnerability to Strength



Men at Work: Redefining Strength & Resilience

Foster emotional openness, wellbeing, and work-life balance among men.

Suggested topics:

- From Stigma to Strength: Men's Mental Health
- The Heart of Connection: Emotional Intelligence in Interpersonal Dynamics
- Building Healthy Habits to Achieve the Goals You Want
- Navigating Difficult Conversations: Leading with Empathy

Wellbeing Webinar Bundles by Demographic



High Potentials & Emerging Leaders: Unlocking Leadership Potential

Unlock leadership potential through self-awareness, growth, and collaboration.

Suggested topics:

- Fostering a Growth Mindset: Breaking Free from Limitations and Self-Doubt
- Proactive Skills to Manage Stress & Keep Burnout at Bay
- Leveraging Positive Conflict in the Workplace
- Mastering the Art of Collaboration & Teamwork



HR & People Teams: Shaping a Culture of Care

Equip HR and People teams to champion mental health, inclusion, and engagement.

Suggested topics:

- Mental Health Aid 101: Supporting Mental Health in the Workplace
- Micro-Actions for Macro-Impact: Small, Everyday Actions for Positive Culture
- The Bridge Builders: Fostering Intergenerational Collaboration
- Diversity, Equity & Inclusivity (DEI) in Action: Creating a Safe and Inclusive Workplace



Senior Executives: Sustaining Leadership Energy & Culture

Support senior leaders in leading with empathy, trust, and long-term resilience.

Suggested topics:

- Adaptive Leadership in Changing Times
- Psychological Safety, Trust & Empowerment
- Well-being Check: Prioritising Team Mental Health & Well-being
- Unlocking Potential: Coaching Skills for Leaders



Retirees: Transitioning with Purpose

Help employees find meaning, purpose, and wellbeing beyond their professional journey.

Suggested topics:.

- Finding Your Purpose & Drive
- Living Gratefully: A Roadmap to a Positive and Empowered Life
- Mindful Movements for Moving Minds
- Eating for Longevity: What We Can Learn from the Blue Zones

Panel Discussions & Fireside Chats – A Quick Guide

Panel discussions are dynamic and interactive conversations led by a moderator and featuring 2-3 selected panelists. These sessions provide a platform for the exchange of insights, personal experiences, and expert perspectives on a specific theme.

Example Topics

- **Ignite Your Path: Discovering Yourself and Finding Your Place**
- **Inspire Inclusion: Building Stronger Communities Through Diversity and Belonging**
- **Rising Strong: Harnessing Resilience and a Growth Mindset to Overcome Adversity**
- **Balancing the Load: Building Resilience in the Sandwich Generation and Beyond**
- **Harmonising Voices: Cultivating Intergenerational Communication in the Workplace**

Scope of Work

- **Theme Planning & Consultation:** Collaborative brainstorming to identify the most relevant and impactful topics for your audience.
- **Presentation Deck Preparation:** Developing the presentation deck for the panel discussion, including interactive polls and key points to guide the conversation.
- **Panel Moderation:** Expert moderation by an Intellect speaker, ensuring a smooth and engaging flow of discussion.
- **Client Responsibility:** Clients will select 2-3 panelists who bring diverse perspectives on the chosen theme.

Step-by-Step Guide

1. **Identify the Theme:** Choose a relevant theme for your audience.
Intellect Support: Intellect team consults on a suitable theme based on organisational psychology expertise and your organisational context.
2. **Select Panelists:** Choose 2-3 panelists with expertise on the theme.
Client Responsibility: Client to identify suitable speakers based on the theme.
3. **Consultation & Content Planning:** Collaborate on the session's structure and key points.
Intellect Support: Intellect team will guide the discussion plan to ensure relevance.
4. **Materials Preparation:** Preparation of relevant materials: panelist brief for the panelists, eDM to send to participants, and presentation deck present on the day.
Intellect Support: Intellect team will prepare the relevant materials.
5. **Panelist Briefing:** Brief panelists on the theme, discussion flow, and expectations.
Intellect Support: Intellect team will conduct the virtual briefing 1-2 weeks prior to the event.
6. **Panel Moderation:** An Intellect moderator will lead the discussion with the panelists.
Intellect Support: Intellect provides a skilled moderator to lead and guide the session.

Mental Health First Aid™ Courses Overview



Pre-Mental Health First Aid Initiatives

MHFA Micro-workshop

Introductory session providing a glimpse into MHFA™, covering mental health basics and workplace support.

Duration:
120 minutes (Micro-workshop)

Class Size:
Up to 25 pax
(Micro-workshop)

MHFA Engaging Leaders

A comprehensive introduction to MHFA™ for leaders and decision makers, focusing on fostering a supportive workplace and promoting team wellbeing strategies.

Duration:
90 minutes

Class Size:
Up to 25 pax

MHFA™ Full Accredited Course

Evidence-based training empowering participants to recognise, respond, and support those facing mental health challenges in workplaces and communities. Includes MHFA Accreditation valid for 3 years.

Duration: 12 hours (6-hours e-learning, 6-hours live training)

Class Size: Up to 15 pax



Post-Mental Health First Aid Initiatives

MHFA Huddles

Designed to support accredited MHFAiders to refresh key learnings, role play and deepen advocacy skills.

Duration: 60 minutes
Class Size: Up to 15 pax

MHFA Group Coaching

A safe space for accredited MHFAiders to introspect, share challenges and brainstorm with peers.

Duration: 90 - 120 mins
Class Size: Up to 12 pax

MHFA Refresher Course

Training for Certified MHFAiders to update knowledge, refresh skills, and renew accreditation for 3 more years.

Duration: 4 hours
Class Size: Up to 15 pax



Catalogue Topics Descriptions

Personal Effectiveness

Beyond the Awkward: Turning Performance Reviews into Positive Experiences

Discover how to approach performance reviews with confidence and turn them into productive conversations that support growth, development, and engagement at work.

Beyond the Likes: Cultivating Self-Worth in a Connected World

Explore how external validation affect self-perception. Build strategies to cultivate sustainable and genuine self-worth.

Building Healthy Habits to Achieve The Goals You Want

[New Year Version] Starting The Year Right: Building Meaningful Resolutions and Habits
Understand the science, research, and impact behind setting goals/resolutions and learn how to build meaningful habits through tips and strategies to keep up the momentum.

Building Resilience: Converting Adversity to Opportunities

Navigate life's challenges with resilience. Gain insights and actionable strategies to transform setbacks into stepping stones, fostering personal growth and adaptability.

Confronting the Uncomfortable: Navigating Mental Health Conversations

Develop communication skills on discussing mental health. Equip yourself with tools to navigate these conversations with empathy, understanding, and openness.

Conquering Procrastination: Strategies for Action-Oriented Living

Break free from procrastination and boost productivity with practical strategies to build momentum and lead a more focused, purpose-driven life.

Cultivating Self-Compassion: Your Guide to Genuine Positivity

Break free from toxic productivity and unhelpful comparison by applying self-compassion.

Embrace the Unknown: Thriving Amidst Uncertain Times

Discover resilience strategies to flourish in uncertainty. Explore the impact of uncertainty on wellbeing and learn coping mechanisms to navigate unpredictability with confidence.

Emotion Regulation: Managing Emotions at Work and in Everyday Life

Uncover the link between triggers and emotions, and acquire practical strategies to regulate and positively impact thoughts and decision-making.

Escaping the Perfectionism Trap

Break free from the shackles of perfectionism. Understand its effects, both personally and professionally, and gain insights and strategies to overcome the quest for perfection.

Finding Calm Amidst the Storm: Coping with Distress, Trauma, and Anxiety

Develop resilience in the face of distress. Identify signs of impact from distressing events and acquire tools to support yourself and others, promoting a culture of wellbeing.

Finding Your Purpose & Drive

Embark on a journey of self-discovery. Learn to unearth your purpose and motivators, armed with actionable tips to chart a course that aligns with your vision and goals.

Catalogue Topics Descriptions

Personal Effectiveness

Fostering a Growth Mindset: Breaking Free from Limitations and Self-Doubt

Learn how to embrace a growth mindset, overcome limitations, and unlock new opportunities for personal and professional growth.

Living Gratefully: A Roadmap to a Positive and Empowered Life

Explore the science of gratitude, build resilience through thankful living, and practical strategies to integrate gratitude into your daily routine, fostering lasting personal growth.

Mental Health Aid 101: Supporting Mental Health in the Workplace

Cultivate a supportive workplace culture. Learn to recognise early signs of mental distress, fostering a supportive culture where employees feel seen, heard, and supported.

Navigating Loneliness: Embracing Solitude and Building Connection

Explore the modern paradox of loneliness - being more connected yet feeling isolated. Learn practical strategies to embrace solitude and build meaningful connections.

Proactive Skills to Manage Stress & Keep Burnout at Bay

Foster a resilient workforce. Equip employees with proactive strategies to manage stress, promoting well-being and preventing burnout in this day and age.

Reframing the Mind: Turning Everyday Narratives into Growth Stories

Discover how to transform the stories you tell yourself into fuel for growth. Build simple habits that turn every challenge into greater resilience, confidence, and lasting success.

Self-Care Isn't Selfish: Fuel Your Wellbeing By Prioritising Self-Care

Embrace the power of self-care. Learn strategies to overcome unhealthy thinking patterns, prioritise self-care, and communicate your needs for sustained wellbeing.

Tackling the Taboo: Confronting Stigma Surrounding Mental Health

Break down mental health stigma. Understand its impact, the importance of normalising conversations, and learn strategies to promote mental health awareness.

The Art of Saying No: Breaking Free from People-Pleasing

Learn to set healthy boundaries, confidently prioritize your needs and shift away from people-pleasing habits by mastering the art of saying no.

The Power of Boundaries: How to Set and Maintain Healthy Limits

Learn about the boundaries you control, explore ways to utilise boundaries for positive outcomes, and learn to apply practical steps to establish effective and healthy limits.

The Power of Presence: Supporting Colleagues Through Loss

Learn how to support colleagues through loss by fostering empathy and cultivating a compassionate workplace culture.

Coming soon:

Q4: The Race of Life: Balancing Ambition and Wellbeing

Explore the psychological impact of the "work hard" mindset and discover strategies to achieve success without compromising mental health.

Catalogue Topics Descriptions

Empathy & Inclusion

Breaking Barriers: Navigating Women's Struggles and Empowering Change

Gain insights into the challenges women encounter and discover practical approaches to overcoming adversity, fostering empowerment, and driving meaningful change.

Breaking Cultural Barriers: Cultivating Cross-Cultural Intelligence

Understand cultural biases, learn to build cultural intelligence, adapt to differences, and foster inclusive practices that bridge diverse perspectives.

Diversity, Equity & Inclusivity (DEI) in Action: Creating a Safe and Inclusive Workplace

Understand the practical steps each individual can take to foster an inclusive workplace, creating a harmonious and diverse professional environment.

Fostering a Culture of Respect: Building an Inclusive Workplace for All

Learn to identify and address bias and microaggressions, and develop strategies for respectful communication.

From Stigma to Strength: Men's Mental Health

Break down the barriers surrounding men's mental health and explore strategies for building mental resilience, and offer practical tools for managing stress, anxiety, and emotional health.

The Bridge Builders: Fostering Intergenerational Collaboration

Bridge generations and offer all generations fresh perspectives and innovative solutions into the workforce, resulting in a stronger, more agile organisation.

Surrounded by Personalities: Connecting with Different Personality Types

Gain insights into diverse personality types and learn practical strategies to connect, communicate, and collaborate more effectively

Walking in Her Shoes: Building Empathy for Women at Work

Develop an understanding of the unique challenges women face in the workplace and learn practical ways to foster empathy and create a supportive environment.

Coming soon:

Q4: Beyond Toughness: Embracing Emotions in Men

Challenge traditional notions of masculinity and emotional expression at work. Learn how to support men in embracing vulnerability and improving wellbeing.

Catalogue Topics Descriptions

Leadership & Team Effectiveness

Active Listening: Beyond the Obvious

Learn to truly hear what others are saying, beyond words and surface-level cues. Develop active listening skills that enhance understanding, collaboration, and workplace relationships.

Adaptive Leadership in Changing Times

Navigate change with confidence in Adaptive Leadership and learn key strategies to lead effectively, stay resilient, and guide your team through uncertainty and transformation.

Authentic Leadership: From Vulnerability to Strength

Discover how to lead with authenticity and explore the power of vulnerability in building trust, fostering connection, and becoming a more effective, inspiring leader.

Building Trust and Rapport: The Heart of Effective Leadership

Discover strategies to foster trust and rapport with your team. Build authentic connections that strengthen collaboration and overall leadership effectiveness.

Courageous Candour: Communicating with Clarity and Care

Master the art of honest yet compassionate communication. Learn to give feedback, share perspectives, and navigate difficult conversations with impact and empathy.

From Awareness to Action: Supporting Mental Health in the Workplace

Equipping leaders with knowledge on the importance of mental health in the workplace, tools to identify early signs of distress, and practical skills to support their teams.

Leadership Through a Generational Lens: Managing Multi-Generational Teams

Discover how today's leaders can bridge generational gaps, tap into the strengths of age-diverse teams, and create an inclusive environment where all generations thrive together.

Navigating Difficult Conversations: Leading with Empathy

Explore practical strategies to approach challenging workplace conversations. Learn how to create a safe and open environment, actively listen, and communicate effectively, all while maintaining empathy and understanding.

The Power of Us: Promoting DEI at Work (for HR/Leaders)

Drive diversity initiatives from an HR/Leader perspective. Explore key aspects of DEI planning, gaining insights to build and sustain an inclusive workplace culture.

Unlocking Emotional Intelligence (EI) for Effective Leadership

Learn how to leverage EI and empathetic skills to build stronger relationships, manage conflict constructively, and provide impactful feedback.

Unlocking Potential: Coaching Skills for Leaders

Equip yourself with essential coaching skills to nurture talent within your team. Learn effective questioning techniques, provide meaningful feedback, and create development plans that empower growth.

Coming soon:

Q4: Motivation Matters: Understanding What Truly Drives You and Your Team

Discover the real sources of lasting motivation for yourself and others. Master simple ways to spot and align with what naturally inspires engagement, energy, and top performance in any team.

Catalogue Topics Descriptions

Organisational Wellbeing & Culture

Coaching for Everyone

Uncover the essence of coaching, delve into its invaluable benefits for holistic growth, and take the first step toward a transformative journey of maximising your full potential.

Empowering Gender Equity: Challenging Bias, Championing Change

Explore the impact of gender biases and microaggressions in the workplace. Learn practical strategies to challenge inequities and advocate effectively.

Fostering Employee Engagement & Motivation

Be equipped with strategies to improve team performance by unlocking employees' internal motivation, increasing engagement, and enhancing satisfaction.

Growth at Work: Building a Learning-Oriented Culture

Discover how to foster a culture that values curiosity, feedback, and continuous learning. Equip yourself to support personal and team growth through intentional practices and mindset shifts.

Micro-Actions for Macro-Impact: Small, Everyday Actions for Positive Culture

Discover how small, intentional actions can create ripple effects of positivity in your workplace. Gather actionable insights to foster a culture of kindness, collaboration, and inclusivity.

Leveraging Positive Conflict in the Workplace

Transform conflict into a catalyst for positive change. Learn skills to maximise the positive outcomes of workplace conflicts, fostering a constructive and collaborative culture.

Mastering the Art of Collaboration & Teamwork

Elevate teamwork to collaboration. Grasp the distinctions, acquire fundamental skills, and empower employees with strategies to enhance collaboration within the workplace.

Psychological Safety, Trust & Empowerment

Build trust and psychological safety within teams by learning how to create safe spaces for open communication, encourage risk-taking, and a culture of learning and growth.

Stronger Together: The Power of Diverse Teams

Understand the benefits of diverse perspectives and collaboration. Learn practical strategies to leverage team diversity, enhance creativity, and drive collective success.

The Heart of Connection: Emotional Intelligence in Interpersonal Dynamics

Elevate interpersonal skills through emotional intelligence. Explore its crucial components, gaining insights to enhance relationships and communication within the workplace and beyond.

Well-being Check: Prioritising Team Mental Health Through Meaningful Check-ins

Gain practical tools to ensure mental health remains a priority and strengthen team connections through consistent, meaningful check-ins.

Work-life Balance Hacked! Healthy Boundaries & Habits

Achieve work-life balance by developing healthy boundaries and habits, creating harmony between your professional and personal life.

Coming soon:

Q4: Feedforward: Creating a Thriving Culture of Continuous Improvement

Master the art of forward-focused conversations that spark curiosity and momentum. Equip yourself with simple, powerful techniques to keep your team learning, improving, and moving forward together.

Catalogue Topics Descriptions

Holistic Wellness

Family & Social Wellbeing

Conquer Chaos: Parent Hacks for Thriving at Home

Equip parents with practical strategies to manage stress, build resilience, and create a happy and healthy home environment for their loved ones.

Empowering Your Child: Supporting Children's Mental Wellbeing

Learn tools and strategies to understand children's emotional development, foster positive coping mechanisms, and provide unwavering support for their mental wellbeing.

Infertility: Navigating the Emotional Rollercoaster

Understand the emotional impact of infertility and its effects on wellbeing. Gain practical strategies to cope, build resilience, and support yourself and others.

Navigating Menopause: Embracing Change with Confidence

Manage the physical, emotional, and hormonal changes of menopause. Learn nutrition, lifestyle, and self-care strategies to build resilience and wellbeing.

Navigating the Sandwich Generation: Building Resilience as Caregivers

Caught between caring for aging parents and raising one's own family? Learn how to manage your challenges by balancing priorities, setting healthy boundaries, and building resilience.

Sleep Smarter: Unlocking the Secrets to Better Rest

Master the art of quality sleep. Explore the science, understand its impact on health and productivity, and implement key tips for building and maintaining healthy sleep habits.

Unplugged & Refreshed: Navigating Social Media Dependence for a Healthier You

Gain control over social media usage. Recognise its effects, understand implications, and learn strategies to foster a healthier relationship with social media for enhanced wellbeing.

Nutrition & Food

Demystifying Food Labels: Your Path to Healthier Choices

Gain clarity on food labels and empower yourself to make healthier choices with expert insights into nutrition facts, serving sizes, and ingredient lists, and learn to navigate %DV values, claims, and misleading marketing.

Eating for Longevity: What We Can Learn from the Blue Zones

Discover dietary habits from the world's longest-living populations. Learn practical nutrition strategies to support long-term health and vitality.

Food-Mood Connection: Wellbeing through Better Eating

Explore the profound link between nutrition and wellbeing. Discover the science behind mood-boosting foods and understand which dietary choices might help you to feel better day-to-day.

Gut Feelings: Building a Healthy Relationship with Food

Discover the secrets of the gut-brain connection and learn how to break free from unhealthy eating cycles to build a lasting, healthy relationship with food.

Catalogue Topics Descriptions

Holistic Wellness

Nutrition & Disease Prevention: Your Gut, Your Health Guardian

Explore the link between your gut and overall health, and gain insights on preventing diseases through mindful eating, gut-friendly foods, and sustainable lifestyle choice

Unveiling the Science Behind Intermittent Fasting

Discover the science behind intermittent fasting, learn to separate myths from facts, understand potential risks, and make informed choices to support your long-term well-being.

Physical Wellbeing

Core Principles - How to Train Your "Athletic Brain"

Discover what, why and how to train your core muscles. Separate facts from myths as our trainer explains the science behind core training and how to train your core functionally, for washboard abs that go beyond just looking good for the beach.

Mindful Movements for Moving Minds

Discover how to adopt physical activity that improves your mental clarity, focus and emotional wellbeing instead of becoming another stressful task to tick off your already busy to-do list.

Recover like a Champ - Principles of Athletic Recovery for Everyday Individuals

Recovery is the bedrock of any effective fitness program. Learn how high performing athletes recover from gruelling training sessions and learn to apply the same as a high-performing corporate executive.

The Strength Blueprint: Squat, Hinge, Push, Pull and Core

Learn how to incorporate the 5 fundamental movements that goes into programming an effective strength training workout for yourself. Learn how to maximise your workouts to ensure you are building a balanced and functional body.

Coming soon:

Q4: Stress Management Through Physical Activity

Explore the link between stress and physical activity, and learn practical strategies to use movement as a tool for stress relief and wellbeing for busy professionals.

Catalogue Topics Descriptions

30-Minute Mindfulness Sessions

From Mind to Paper: A Guided Mindful Journaling Journey

Explore the power of journaling as a tool for mindfulness, self-reflection, and personal growth through a guided, peaceful writing experience.

Mindful Moments: A 30-min Guided Journey to Calm

A brief yet powerful session of mindfulness, designed to help you relax, center your mind, and find tranquility in just 30 minutes.

Pause and Stretch: A Mindful Reset for Your Body and Mind

Refresh and recharge with simple stretching exercises and mindfulness practices that help relieve tension and restore balance.

3-hour Interactive Workshops

Coaching Skills for Leaders

Develop core coaching skills to empower and motivate your team. Learn techniques for giving feedback, facilitating growth, and fostering a culture of continuous development.

Diversity, Equity, Inclusion (DEI) Training for a Mentally Healthy Workplace

Cultivate an inclusive workplace that promotes psychological safety, reduces stigma, and supports the mental wellbeing of all employees.

Emotion Regulation: Managing Emotions at Work and in Everyday Life

Learn practical strategies to understand, manage, and respond to emotions effectively. Enhance workplace interactions, decision-making, and personal wellbeing through emotion regulation skills.

New Horizons: Navigating the Early Years of Your Career

Gain practical strategies to build healthy work routines, manage imposter syndrome, navigate performance feedback, and chart a purposeful, confident career path.

New Managers: Shaping Visionary Leaders

Develop essential leadership skills, build strong support networks, and gain mentoring insights to become a visionary leader poised for impactful success and organisational growth.

Parental Transition: A Mother's Guide to Workplace Harmony

Learn tools to balance work and family, manage emotions, set boundaries, and sustain wellbeing while returning to work after maternity leave.

Proactive Skills to Manage Stress & Keep Burnout at Bay

Discover actionable tools to prevent and manage stress before it escalates. Build resilience, sustain energy in high-pressure environments.

Coming soon:

Q4: Psychological Safety, Trust & Empowerment

Explore how to create a safe and supportive work environment. Gain practical strategies to build trust, encourage open communication, and empower teams.