



# Workshop overviews 2025

# For everyone



Making mental health conversations easier



Phone-life balance: reclaim your time and focus



Creating space and preventing burnout



Changing how we see addiction



Gender equality and women's wellbeing



How to build trust and psychological safety



Neuro-inclusion at work: embracing diversity of thought



Allyship & inclusion



Tools to manage stress, anxiety & burnout



ADHD & me



Speedy ways to boost your wellbeing



Building psychological safety & resilience



Understanding grief



Finding joy and investing in yourself



Harnessing your energy



Simple ways to boost efficiency & reduce workload



Human connection & inclusion in a digital world



Creating more 'white space' in your day

 = New for 2025



# For leaders & champions



Making mental health conversations easier



How to build a wellbeing strategy



How to lead: vulnerability



Ways to be a mentally healthy role model



Leveraging wellbeing to boost team performance



How to lead: healthy conflict



Leading a mentally healthy culture



Navigating serious wellbeing conversations



How to lead: authenticity



How to build trust and psychological safety



Championing a culture of wellbeing



How to lead: empathy



Leading during uncertain times



How to lead: characteristics of a great leader



How to lead: inclusivity

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For everyone





# Making mental health conversations easier



We often shy away from talking about mental health in the workplace - for fear of judgement, stigma or simply not knowing what to say.

This session explores how to normalise the conversation around mental health, while exploring some tools to create safe, non-judgemental spaces for people to really open up.

## Key outcomes

- Understanding the full spectrum of mental health
- Tools to discuss our mental health
- Creating a safe space to talk about mental health
- The power of vulnerability and empathy
- Role modelling and sharing our stories

# Changing how we see addiction



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Whether it's alcohol, drugs, work, social media, pornography, shopping, or food, many of us have an unhealthy relationship with something. We often turn to these habits to numb ourselves or distract from difficult emotions. Often to cope with a society and lifestyle that is causing more stress, burnout and mental health issues than ever before.

This workshop challenges the preconceived notions of what an addict looks like, raises awareness, and shares tools to foster an environment where addiction is met with understanding and support and explores strategies for everyone to build more healthy relationships with their vices.

## Key outcomes

- My personal story of addiction
- Challenging stigmas and labels
- Drinking culture and unhealthy norms
- The science behind addiction – why do we numb?
- Trading short term comfort for long term dysfunction
- Vulnerability and overcoming shame

# Neuro-inclusion at work: embracing diversity of thought



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We all have different backgrounds, experiences and ways of thinking. By creating a workplace where everyone feels safe to be themselves, express their opinions and challenge the status quo – you begin to harness the power of diversity of thought.

Not only can you create inclusive environments for all your people you can also give yourself the competitive edge when it comes to innovation, growth and performance.

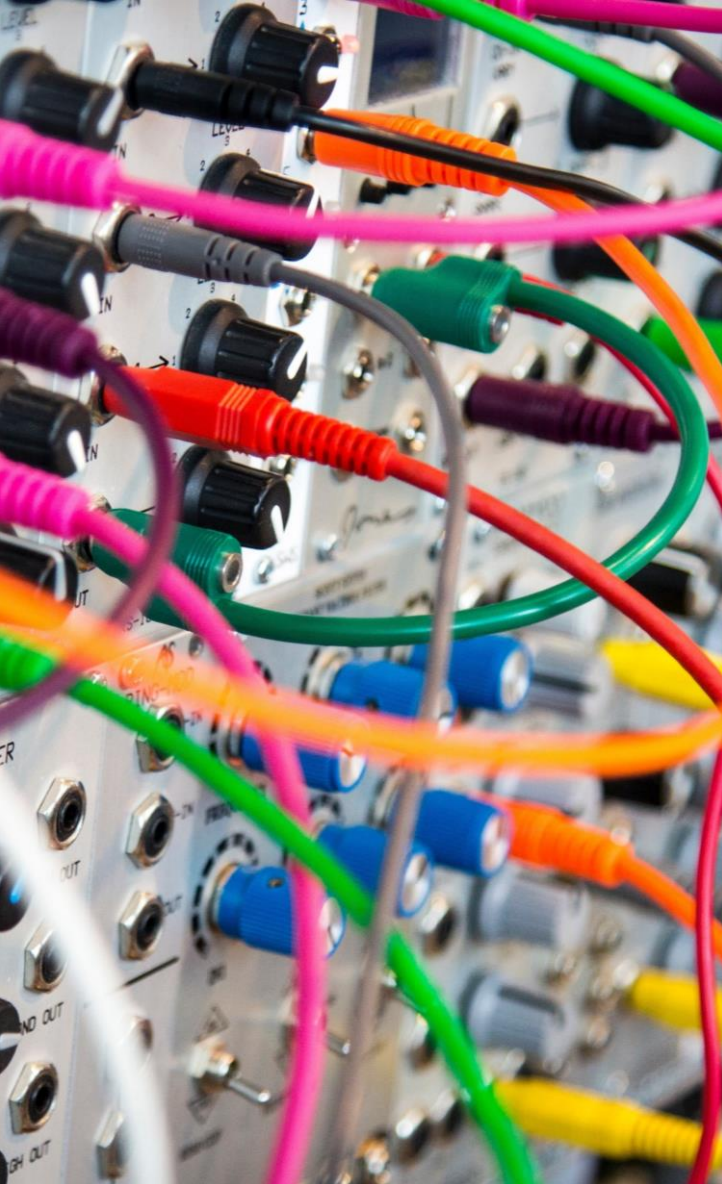
## Key outcomes

- Building trust and psychological safety with your team
- Understanding neurodivergence
- Embracing diversity of perspective and ways of thinking
- Key tools to use to create a more inclusive culture for everyone
- Vulnerability and role modelling

# ADHD and me



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The average age of a diagnosis of ADHD for a male is 8 years old and for a woman it's 35 years old! Seeing other women talking about their late ADHD diagnosis on social media gave me the awareness and the courage to pursue the ADHD diagnosis I needed to get the support and treatment I need to lead a life where I don't feel like I'm drowning every day.

In this talk I share my own story of ADHD and ways in which it presents in women. This session is designed to inspire and empower people to advocate for themselves to get the answers and support that they need.

## Key outcomes

- My journey to diagnosis
- ADHD, Anxiety and Addiction
- Stigma, shame and self gas-lighting
- ADHD in women – why have we been missed?
- How to create environments for neurodivergent individuals to thrive



# Understanding grief



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*“I love talking about her by the way, so if I cry, it’s only a beautiful thing. Grief is all the unexpressed love. So, I hope the grief stays with me because it’s all the unexpressed love that I didn’t get to tell her...And I told her every day” – Andrew Garfield*

What Andrew Garfield gets so right when talking about his experience of grief (and what we rarely seem to get right) is his full acceptance of the tears, sadness and the pain that comes with loss. He doesn’t apologise for it or try to dismiss it. We will all experience grief in our lifetimes. We will all lose someone we love. Grief is the most universal, non-discriminating experience in the world. This workshop shares personal experiences of grief, busts some of the myths, and shares some practical tools we can all use to build a more supportive inclusive culture for everyone no matter what they are going through.

## Key outcomes

- My experience of grief
- Busting some of the myths we believe about grief
- Top things to remember to support people grieving in the workplace
- How to build a more supportive inclusive culture

# Simple ways to boost efficiency and reduce workload



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We have so many demands on our time. Distractions, overwhelm and stress can make getting through our to do list even harder.

This workshop explore quick tools and strategies to reduce the unnecessary noise and distraction to help you protect your energy, focus better and optimize your habits to boost your efficiency. You'll also learn how to set and communicate boundaries to maintain a healthy work-life balance.

## Key outcomes

- Creating more space to focus every day
- Challenge your company meeting culture
- Strip out distractions and protect your peace
- How to optimize your habits for the good
- Setting, communicating and upholding boundaries



# Phone life balance: how to reclaim time and focus



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In this digital age, we all seem more and more distracted by our phones. From endless scrolling, to the inability to focus and impact on our mood – excessive smart phone use is linked to increased stress, anxiety, depression and loneliness.

In this workshop, you will get the opportunity to explore and reassess your relationship with your phones, gaining useful insight into your current digital habits. This session also provides tools for setting digital boundaries, practical strategies for taking a more balanced and mindful approach, helping you create a healthier balance between your online and offline life.

## Key outcomes

- Reviewing our own relationship with our phone & screens
- Setting digital boundaries
- Creating balance online – especially on social media
- A mindful approach to digital
- Prioritising human connection in a digital world

# Gender equality and women's wellbeing



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The theme for International Women's Day on 8<sup>th</sup> March 2025 is #AccelerateAction for gender equality - a worldwide call to acknowledge the strategies, resources and activity that positively impact women's advancement, and support and champion women in the workplace.

In this uplifting workshop, I share stories and tools to help us all be better allies, create more inclusive workplaces and proactively push positive change for gender equality.

## Key outcomes

- Simple ways to be a better ally
- How to create a more inclusive workplace for everyone
- 3 steps to drive positive change for gender equality
- Practical tools to boost our wellbeing – especially as women





The best workplaces are those where everyone is set up for success and empowered to thrive. Since we all have different needs, strengths, and life experiences, it's crucial to be intentional about how we work and interact. This ensures we create an environment that works for everyone, not just those who are like us.

In this session, we'll explore simple tools to make your work practices more inclusive and discuss ways you can be a true ally to all your colleagues.

## Key outcomes

- How to build trust through allyship and inclusion
- Using curiosity to build connection and challenge your assumptions
- Easy tools to build a more inclusive culture for everyone
- Cultivating safe, non-judgmental spaces
- Mindset shifts: empathy, curiosity and collaboration

# Speedy ways to boost your mental health



In these relentless, always on times - it can feel impossible to prioritise your mental health and wellbeing.

This interactive, engaging session explores some really quick ways to boost and protect your mental health, which can be weaved seamlessly into your working day.

## Key outcomes

- Embracing white space throughout the day
- Boosting your energy – physical, emotional, focus and purpose
- Soothing your nervous system
- Resetting your mindset
- Finding your joy
- Investing in your long-term wellbeing



# Finding joy and investing in yourself



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## **Build a personal toolkit and action plan to boost your wellbeing.**

In a world of constant demands, bad news stories and uncertainty - this workshop is time just for you!

Explore practical uplifting tool and techniques to boost your wellbeing, protect your mental health and feel more empowered and motivated to take charge of your own happiness.

## Key outcomes

- The joy inventory (what does and doesn't give you joy)
- Tools to boost your energy
- Understanding your own values and passions
- Protecting your peace
- Mindfulness through creativity

# Human connection & inclusion in a digital world

Over the past few decades, digital innovation has created tremendous advancement and opportunities in all areas of our lives. However, with these big changes, come risks to our mental health and even barriers to meaningful human connection.

This engaging talk delves into the effects of digital innovation and offers practical strategies to protect our mental health and enhance human connection and inclusion in our increasingly digital world.

## Key outcomes

- The digital landscape
- The hierarchy of human needs
- Digital boundaries, healthy habits and mental health
- Leveraging AI and digital tools for wellbeing
- How to prioritize meaningful human connection



# Creating space & preventing burnout



In a world of notifications, endless digital platforms of communication and never-ending conflicting priorities it can feel impossible to find any space for rest, reflection and wellbeing.

This session equips you with small practical ways to make more space in your day, spot signs of burnout and put preventative measures in place to create a more sustainable lifestyle and ways of working.

## Key outcomes

- Polyvagal theory – what happens in our bodies when we are stressed?
- 12 stages of burnout, and how to recognize these in yourself
- Key tools to prevent burnout
- Creating space in your day – reducing distractions and protecting focus time
- Understanding the psychology of habits and how to leverage these positively

# How to build and psychological safety



High performing teams are built on trust. To innovate, to spot new opportunities and to grow, individuals need to feel safe to challenge the status quo.

Trust is the foundation of sustainable and resilient teams. When individuals feel psychologically safe, they are more capable of navigating change, handling stress, recognizing growth opportunities, and performing at their best.

This workshop explores the ways in which a leader can foster a culture of trust and psychological safety within their own team and beyond.

## Key outcomes

- The power of trust in building high performing teams
- Exploring the BRAVING anatomy – how to effectively build trust
- What is psychological safety and why is it important?
- How to foster psychological safety with your team
- Role modelling to others

# Tools to manage stress, anxiety and burnout



In this fast paced, always on world, we can be easily left feeling overwhelmed and anxious. While anxiety and stress are natural reactions to uncertainty and increased demands, prolonged exposure to stress can result in lasting physical and mental health issues and elevate our risk of burnout.

This interactive session delves into the science behind stress, distinguishes between stress, anxiety and burnout, and explores some practical tools and techniques to ease the effects of stress and reduce the risk of burnout.

## Key topics

- Stress vs Anxiety vs Burnout – what's the difference?
- The physiological impact of stress on the body
- Mindset changes to manage stress and anxiety
- Spotting the signs of burnout and prevention techniques
- Processing our emotions to overcome anxiety
- Top tips for when you feel overwhelmed



# Psychological safety and resilience



Trust is the foundation of sustainable and resilient teams. When individuals feel psychologically safe, they are more capable of navigating change, handling stress, recognizing growth opportunities, and performing at their best.

This workshop delves into the importance of psychological safety and the essential steps we can take to create a more secure team environment. It also introduces practical strategies and tools to manage stress and foster resilience.

## Key topics

- The power of psychological safety
- BRAVING – exploring the anatomy of trust
- How to foster psychological safety within your team
- Polyvagal theory – understanding how stress shows up in our body
- Tools to processing stress and increasing resilience
- 3 key strategies for building a resilience mindset

# Harnessing your energy



It's easy to fall into the trap of thinking that to get more done, you need to put in more effort and more time. However, time is finite, and rather than trying to manage our time better, the most effective approach as humans is to manage our energy.

This session explores the principles of the Tony Schwartz Energy model and the 4 pillars of energy (Physical, Emotional, Focus and Purpose), showing how we can optimise these to better boost our mental health.

## Key topics

- Understanding Energy vs Time: the Tony Schwartz model of energy
- Physical energy: how to protect and boost your physical energy
- Emotional energy: how to manage your emotions in the moment
- Focus energy: stripping out distractions and making space to focus in your day
- Purpose energy: understanding your own purpose and how to align your work to your own values

# Creating more 'white space' in your day



It takes self-discipline to create space in your day. With so many distractions, demands coming from all angles and to-do lists as long as your arm, it can feel impossible to have any space for yourself at all.

This session explores how to streamline meetings, strip out distractions, and set healthy boundaries to create that much needed space throughout the working day (and beyond!)

## Key topics

- The importance of breaks
- Embracing 'white space'
- Key steps in streamlining meetings – purpose, people, timings, alternatives
- How to strip out distractions
- Tackling digital bad habits
- Understanding your own triggers and establishing your boundaries





# For Leaders & Champions





# Making mental health conversations easier



We often shy away from talking about mental health in the workplace - for fear of judgement, stigma or simply not knowing what to say.

This session explores how to normalise the conversation around mental health, while exploring some tools to create safe, non-judgemental spaces for people to really open up.

## Key outcomes

- We all have mental health – mental health vs physical health
- Polyvagal theory – how our bodies manage stress
- The Mental Health Continuum
- Creating a safe space to talk about mental health
- The power of vulnerability and empathy
- Role modelling and sharing our stories

# Ways to be a mentally healthy role model



Wellbeing policies and perks can be great, but it's the everyday workplace experience that really impacts the mental health of employees.

From leaders to champions, this workshop explores the powerful ways we can role model and influence culture to help make the day-to-day work environment a more mentally healthy place.

## Key outcomes

- The power of role modelling as a leader
- Vulnerability – sharing out own stories
- Investing in yourself unashamedly
- Using the McKinsey's model of influence to encourage a mentally healthy culture
- Building trust and psychological safety with your teams



# Leading a mentally healthy culture



Culture and team behaviours start at the top. Leaders have a ripple effect that impacts everyone around them.

This workshop builds awareness of how leaders can harness their ripple effect for good and shares key tools to role model a mentally healthy culture.

## Key outcomes

- Harnessing your leadership ripple effect
- Role modelling wellbeing and self-care
- Vulnerability and creating an inclusive culture
- Communication and example setting
- Positively influencing culture across your team and beyond

# How to build trust and psychological safety



High performing teams are built on trust. To innovate, to spot new opportunities and to grow, individuals need to feel safe to challenge the status quo.

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This workshop explores the ways in which a leader can foster a culture of trust and psychological safety within their own team and beyond.

## Key outcomes

- The power of trust in building high performing teams
- Exploring the BRAVING anatomy – how to effectively build trust
- What is psychological safety and why is it important?
- How to foster psychological safety in your team
- Role modelling as a leader

# Leading during uncertain times



Strong leadership is even more vital during times of challenge or uncertainty.

This workshop explores how leaders can protect their own wellbeing, whilst also creating an environment where people can be at their best even during difficult times.

## Key outcomes

- Leading authentically during times of uncertainty
- Protecting your own wellbeing as a leader – boundaries, managing expectations, saying no
- Creating safe, mentally healthy spaces for your team
- Key tools to navigate uncertainty
- Managing stress, anxiety and burnout



# How to build a wellbeing strategy



To be sustainable and effective, a wellbeing strategy requires exec-level buy in, a proactive focus and consistency across your ways of working and company culture.

Whether your organisation has their own strategy in place already or you're starting from scratch, this workshop helps you build or refine your strategy and support you through all the stages of the the implementation process.

## Key topics

- Discovery phase: understanding your data and organisational needs
- Building your vision and key objectives
- Bringing your strategy to life
- Demonstrate value to your senior leaders
- Building leadership capability and empowering your people
- Processes and policies
- Ongoing optimisation

# Leveraging wellbeing to boost team performance



Teams that are happy and healthy tend to be more sustainable, innovative, and deliver better results. By applying the principles of human performance, we can create cultures and work environments that enhance both team wellbeing and productivity.

In this session, we'll dive into the core principles of human performance and explore how they can be implemented in the workplace to build more sustainable, high-performing teams.

## Key topics

- Wellbeing and performance
- The principles behind optimised human performance
- Building trust and psychological safety
- Boosting efficiency and harnessing our energy effectively
- Creating an inclusive culture where everyone can thrive

# Navigating serious wellbeing conversations



Engaging in serious conversations about mental health and wellbeing with your team or colleagues can often feel daunting. What if you say the wrong thing or make things worse? What if you get triggered and it impacts your own health?

This interactive workshop, designed especially for people managers, wellbeing champions and MHFAs, explores some practical tools to help you guide high risk conversations successfully, while also protecting yourself and your own wellbeing.

## Key topics

- Normalising talking about our mental health and wellbeing
- 3 stages of navigating an effective conversation
  - Asking the right questions, listening with empathy, signposting
- Ending conversations safely and ongoing care
- Protecting yourself
  - Boundaries, understanding triggers, debriefing, role modelling



# Championing a culture of wellbeing



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Everything that happens to you at work impacts your wellbeing. So, the day-to-day behaviours and culture we build as an organisation are vital to creating an environment where we all feel safe and able to thrive.

This insightful and interactive session will explore some practical techniques champions can take away and use immediately. These techniques will equip you to create a culture that empowers everyone to prioritise their wellbeing and support others to do the same.

## Key topics

- How to build trust and create a safe non-judgmental space
- Empowering ourselves and colleagues to speak up and ask for what we need
- Supporting each other
- The power of belonging on our mental health
- Creating a culture of appreciation and recognition

# How to lead: the characteristics of a great leader



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Strong leadership is essential for driving success, fostering a positive work environment, and ensuring the growth and development of both the organisation and its individuals.

This interactive workshop explores some of the key characteristics of a great leader and how you can leverage these to build trust with your teams and boost performance and wellbeing.

## Key topics

- What makes a great leader
- Vulnerability and building trust
- Leading with authenticity and courage
- The power of accountability
- Empathetic leadership



# How to lead: Vulnerability



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When people see leaders as vulnerable and human, it allows them to be human too. And when people feel safe to be themselves, they are happier, healthier, more innovative and perform better.

This workshop explores the benefits of vulnerable leadership and offer practical tools and techniques that leaders can use to embrace their own vulnerability.

## Key topics

- The power of vulnerability
- Understand how to leverage vulnerability in your own leadership style
- Vulnerability and trust stacking
- How to lead by example
- Creating a psychologically safe environment



# How to lead: Healthy conflict



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When channeled correctly, disagreements and conflict can help increase innovation, build better trust and encourage growth within a team.

This workshop explores some key techniques to navigate difficult conversations, embrace discomfort and encourage healthy conflict.

## Key topics

- Helpful vs unhelpful conflict
- What happens in our bodies during conflict
- Managing your emotional reactions in the moment
- Facilitating other's disagreements
- Embracing disagreements for growth
- Creating a safe inclusive environment

# How to lead: Authenticity



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Effective leadership starts with self-awareness. To truly lead and inspire others, it's crucial to understand your own core values and strengths, so you can lead from a place of authenticity.

In this session, you will explore various leadership styles and identify the one that best aligns with your personal values. You'll also learn strategies to build trust and motivate your team—whether you are their direct manager or not.

## Key topics

- Leadership styles
- Personal values and how these impact our leadership style
- Embracing vulnerability, authenticity, and empathy
- Building trust and psychological safety
- Discover practical tools to inspire, motivate, and positively influence

# How to lead: Empathy



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By employing empathy, leaders can establish meaningful connections with their team, offer support, understand their needs better, build trust and develop stronger relationships.

This workshop focuses on honing the skills of an empathetic leader, not just to increase human connection but to boost team performance as well.

## Key topics

- What does empathetic leadership look like?
- How to listen with empathy
- Building trust with your team
- Leading by example – self compassion
- Encouraging a culture of empathy with your team



# How to lead: Inclusivity



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The most effective teams are those where everyone is set up for success and empowered to thrive. Since we all have different needs, strengths, and life experiences, it's crucial to be intentional about how we work and interact. This ensures we create an environment that works for everyone, not just those who are like us.

In this session, we'll explore how leaders can incorporate simple tools to make ways of working more inclusive and discuss ways we can create a truly inclusive environment for everyone.

## Key topics

- Practical ways to build more inclusive ways of working
- Using curiosity to build connection and challenged our assumptions
- Inclusive behaviours and how to embed them into your team culture
- Encouraging safe, non-judgmental spaces
- Shift your leadership mindset: empathy, curiosity and collaboration



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