

Harness the energy

Overview

Harness the energy is an explorative workshop introducing the notion of utilising and intuitively listening to the energy shared between a group of people. Whether we realise it or not, we all give off certain energies at any time. These energies can affect change, sometimes positively, sometimes negatively.

This workshop enhances understanding of the power of our own energy transmissions through the use of complicité-based theatre techniques and exercises.

Benefits

- Greater understanding of how we can influence / work with others
- Enhanced active listening skills
- Awareness of how body and mind work in conjunction
- Increased sense of readiness to take on challenging situations

Learning objectives

This workshop will help participants become active and aware listeners, able to work better collaboratively to produce strong results.

It will demonstrate the power of our own individual energy and the positive impact we can have when we learn to utilise the energy beneficially in different situations.

Who should attend?

Managers and staff at all levels.

Format

This workshop can be delivered as a bite-sized, half-day or one-day session for up to 10 people.

The expert trainer

Rosie is on a personal mission to empower every corporate employee to become a wellbeing 'warrior' not a 'worrier'. Having worked in the corporate sector herself for over seven years (in a range of high level sales, recruitment and partnerships roles), Rosie has seen first-hand how important it is to look after both physical *and* mental health to be able to perform and collaborate effectively, and how, so often, the latter gets overlooked in our busy fast-paced 'work hard, play hard' office culture.

Rosie's lively and engaging sessions combine mindfulness, exercise and theatre-based techniques and counselling skills to help clients understand how to manage stress and anxiety within the workplace. They are particularly popular with busy millennial companies (tech start-ups, media agencies, charities, SMEs, etc) alert to the need to maintain and enhance mental health and wellbeing, as the following testimonials show:

'The introduction to mindfulness was engaging, eye-opening and allowed each person to come away with some practical tools to implement in their daily lives, no matter where they were on their journey in mindfulness.'

It gave us an opportunity to take some time out as a team during a very busy period, to reconnect and to have a sense of renewed energy and motivation.

Rosie was an excellent trainer and facilitator, making everyone feel at ease to share their thoughts. I would highly recommend this course to any company that wants to ensure they have a cohesive, effective and healthy team.'

Joanna Deagle, CEO, Cafe Football

'Rosie ran a workshop for agenda21 on *Introduction to Mental Wellbeing*. She was such a pleasure to work with, and tailored her presentation to match the level we needed for the business. Rosie managed to get even the most reticent team members involved and participating in the session, and we would definitely work with her again.'

Alice McKeown, People Manager Agenda 21