



MICHELLE FLYNN COACHING

Corporate Wellness Services

These interactive sessions can be booked individually or as part of a series.

Finding Calm During Uncertain Times

We are living in uncertain times so this talk covers what anxiety is, how struggling with anxiety impacts our bodies and top tips for finding calm.

Stress Management

This talk covers what stress is, the science behind why it is seen as the health epidemic of the 21st century and how to reduce / cope with the stresses we have to face on a daily basis.

Overcoming Self-Doubt

Self-doubt kills our dreams. This talk shares a 6 step plan for boosting self-belief and embarking on the journey to greatness, personally and professionally.

Why is Sleep important?

This talk covers why getting enough sleep is critical to our health and how we ensure we are getting the quantity and quality of sleep we all need.

Finding your Work Mojo

This talk covers what mojo is, why it is vital to personal / professional success and how to find it again when we lose it.

Building Resilience

This talk covers why resilience has become the battle cry of modern workers everywhere and 10 ways to build resilience with actionable habits to be the best you can be.



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What is Burnout?

This talk explains the difference between stress and burnout, the symptoms we may experience and the practical way to prevent burnout in both our professional and personal lives.

Changing your Mindset

This talk will guide you through what actually is mindset (beyond fixed v growth) then the process to understand what is holding you back and how to create a “can do” attitude. It will include a practical exercise for achieving your key personal or professional goals and for overcoming obstacles.

Imposter Syndrome

Imposter Syndrome was a term founded in the 1970s. This talk explains what IS is and that it is actually much more common than we would all expect. It includes a Cognitive Behavioural Therapy technique that encourages us to see ourselves and the world around us in a more positive, realistic and useful way.

Change the way you Feel by Changing how you Think with CBT

This practical CBT workshop explains what Cognitive Behavioural Therapy is and why it is one of the most powerful ways to change our thoughts patterns. This session teaches you coping skills for dealing with different problems. It focuses on how your thoughts, beliefs and attitudes affect your feelings and actions.

The Pursuit of Happiness

This talk discusses what you think makes you happy, the science behind how our mind works to confuse us and then digs deeper to reveal the truth.

Change your Habits, Change your Life

This talk discusses why habits are important, what they actually are and how to build positive habits as well as how to break the bad ones.



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The Six Principles of a Healthy, Happy Life

This talk covers what we really need to know to be healthy, as well as introducing new habits to ensure lasting change.

A Life Audit

Often we pay no attention to how we feel, physically and mentally, as life is too busy to stop and check in with ourselves. If we do not know what is wrong, then we cannot work out how to fix it. During this session we evaluate 20 areas of life to see where there is imbalance, and therefore where we can make positive change.

Discovering your Core Values

Core values are our fundamental beliefs. These guiding principles dictate our behaviour and can help people understand why they think, feel or act in a specific way. This practical exercise will help you discover your core values and how to realign aspects of your life around them.

Goal Setting

This goal-setting workshop brings clarity, direction and purpose as well as being a bonding exercise for your team. This session covers goals across work, life and health as each area directly impacts the other one. Up to 3 hours is blocked out for this session to achieve the optimal outcome and for everyone to have a clear plan moving forward.

You are what you Eat

We literally are what we eat. Poor food choices can impact our health and wellbeing which directly impacts our personal and professional lives. This talk cuts through all the noise to explain how to make the right food choices without breaking the bank. It also includes a team challenge where each member focuses on eating 30 whole plant foods in a 7 day period.

For Leaders – Put your Oxygen Mask on First

Reflecting the message we hear when we fly, this talk describes leaders' self-care behaviour as their "oxygen masks" and looks at how leaders can manage their physical, mental and emotional wellbeing to manage their energy to help those in their teams.



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Perimenopause & Menopause

This talk is not just aimed at women, as men can still be impacted indirectly by menopause through wives, sisters, colleagues etc. It discusses what perimenopause and menopause is, symptoms women may experience, how it impacts the them, their family and their work and finally practical tips for how they can support themselves inside and outside of the workplace.

To discuss running any of these workshops and seminars in your business, please contact me to set up a discussion so that, together, we can make sure we find the right topics to get the most out of your team.

[Click here to book a time to chat](#)