

Navigating the Festive Season

— Seminars to help staff survive the pitfalls of the end of year celebrations

Managing Stress

It's called the silly season for a reason and can result in higher than usual stress for all of us. Learn to understand stress, explore your stress triggers and gain insights to manage stress.



Nutrition for Life

After a long year, coming together to eat, drink and be merry is a huge part of the festive season. But we need to keep track of healthy eating as self care, in between celebrations, to keep the balance for our overall wellbeing



Financial Wellness

Even before interest rate rises and cost of living, Christmas can be a big financial concern for families. Pick up real skills about being clear, efficient and empowered with your finances.



Sleep & our Health

Late nights are a typical part of celebrating with friends, but a good night sleep is important to many aspects of health. Unpack the importance of sleep, what happens when we have a deficit and strategies to improve sleep



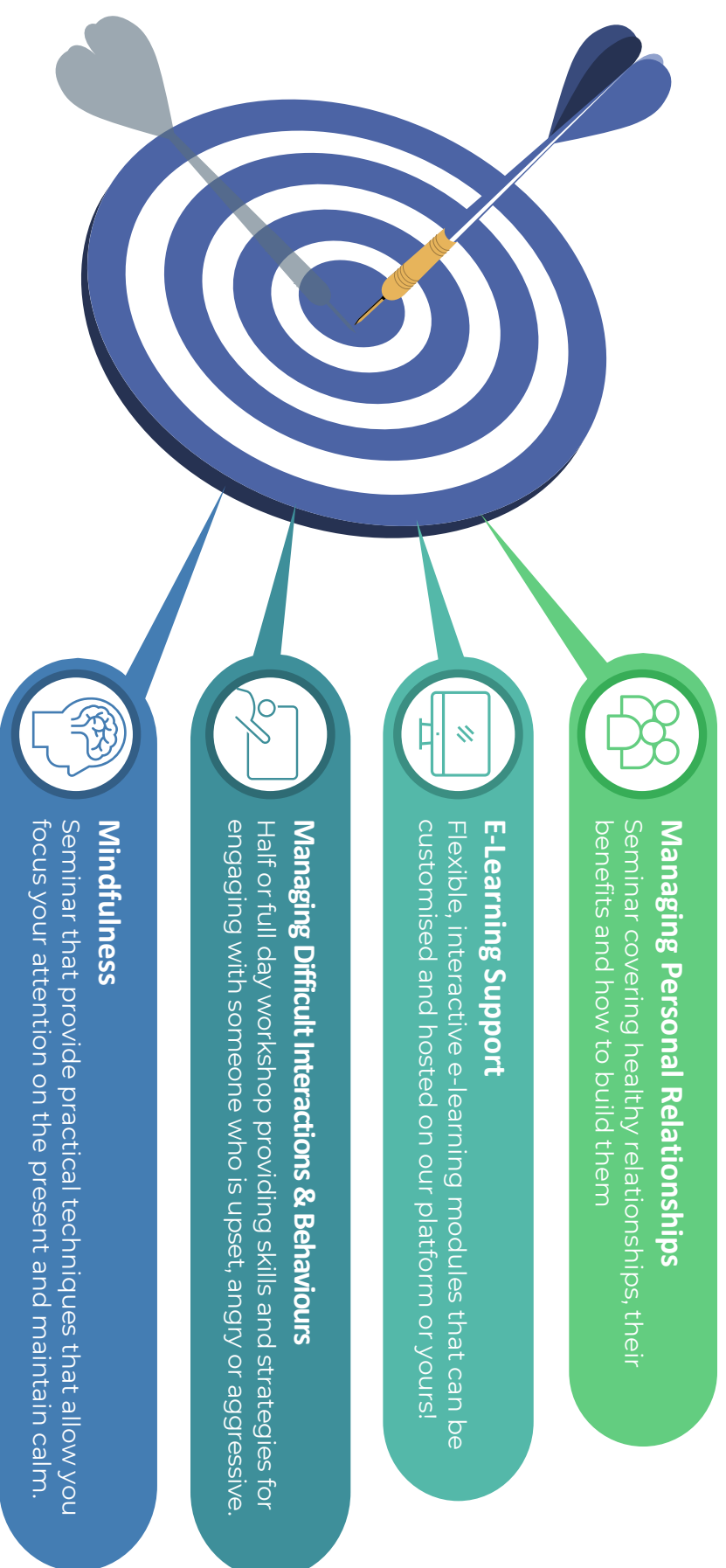
Positive Parenting

School holidays are filled with warm summer days and coming together as a family, but more time together can lead to shorter tempers. This seminar provides helpful tips around screen time, bullying and other big topics for parents



Targeting Conflict

— How to Keep Relationships Intact for the New Year



**End of year
festivities are
brilliant to celebrate
with your team, but
conflict doesn't
always take a
holiday!**

**Converge is here to
help everyone stay
on the nice list!**

Building your Employee's Mental Health Toolkit

— How to Maximise your End of Year Wrap Ups

Our 15-minute, evidence-based wellbeing bite experiences are designed with your wellbeing in mind.

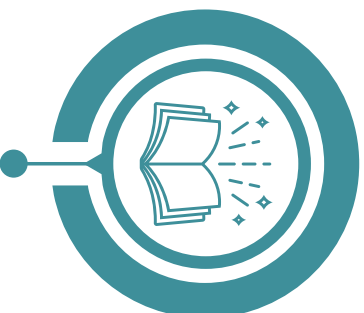
Discount for purchasing all 5 topics!



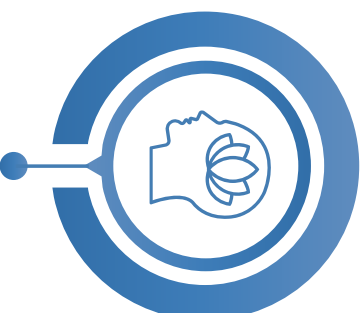
Building your Emotional Intelligence
This topic briefly explains emotional intelligence and invites you to experience a self-awareness practice.



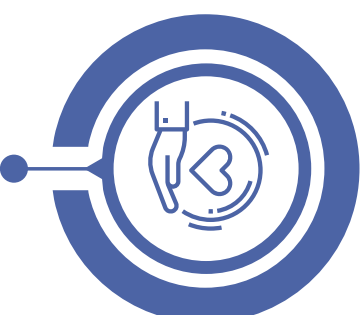
Calm in the Body
This topic offers a range of techniques to ground and calm yourself using your body.



Choosing your Mindset
This topic explores the human experience of meaning making and our mindset choices.



Mindfulness
This topic briefly explains mindfulness and invites you to participate in a mindfulness exercise.



Self-Compassion
This kind wellbeing practice introduces you to how you can show more kindness to yourself.

The Converge App

— Changing the Conversation around Mental Health

During the festive season, it can be easy to lose track of your wellbeing amongst all the celebrations. But while you are checking on everyone else, who is checking on you?

The **Converge App** can provide the early indicator that something needs to change!

Life can get on top of You

We get it! Think of us as your personal coach, offering confidential counselling and coaching on what's important to you



Track your Data

Track your health metrics via a personalised human dashboard Mind, Heart, Sleep, Weight Activity



Follow your Progress

Some interesting text about this thing that we need to explain here



Everyone has their Battles

"One size fits all" approach simply doesn't work. Everyone has their own unique situation and journey



Take Control

From the palm of your hand, driven by real time data, understand what areas of your wellbeing need some attention



Book your Appointment

Put your insights into action, and book a confidential session with our team of brilliant consultants!

