

Wellbeing Bites

Our 15-minute, evidence-based wellbeing bite experiences are designed with your wellbeing in mind. Each one of our wellbeing sessions is an opportunity for you to recharge, reset or refuel during your day.

READY TO GO OPTIONS

You can choose from the following wellbeing topics or even better, bundle these into a package of 5.

1 BUILDING YOUR EMOTIONAL INTELLIGENCE

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

2 CALM IN THE BODY

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

3 CHOOSING YOUR MINDSET

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

4 MINDFULNESS

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

5 SELF-COMPASSION

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

Wellbeing bites are usually delivered live online but can also be purchased as a recording or audio file. Attendance numbers are not limited for wellbeing bites and are suitable for people at all levels of your organisation.

FIND OUT MORE



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