

# Vitae service information

## Wellbeing workshops 2026

Vitae offers a range of workshops focused on supporting and developing the wellbeing of people at work. These workshops are delivered by experienced facilitators to employees, teams and organisations – and can be adapted to 1 hour, 1.5 hour or 2 hours (online or in person). Workshops are capped at 15 participants to maximise individual engagement with activities and to enhance a sense of confidentiality and safety in the workshop space.

Working in partnership with you, our content can be adapted to meet the specific needs of your organisation. The content is practical to ensure participants have the skills and strategies relevant to their situation.

### Navigating change and uncertainty

- Types of change in the workplace
- Common responses to uncertainty
- Understanding our stress response
- Circle of concern, influence and control
- The 4 As stress management framework
- Self-reflection questions
- Self-care tips

### Understanding and managing stress

- Workplace wellbeing in NZ
- Understanding our stress response
- Recognising signs of stress at work
- The stress performance curve
- Thinking traps and solutions
- Boundaries to protect wellbeing
- Self-care tips

### How to have challenging conversations

- Different reasons for this type of conversation
- Circle of concern, influence and control
- Giving and receiving feedback
- Dealing with workplace issues
- Preparation is the key
- Delivery
- Follow up

### Dealing with conflict

- Why does it occur
- Common types of conflict at work
- Conflict roles and styles
- Reflection and analysis
- Customer conflict
- De-escalation during a conflict
- Defusing after a conflict
- Self-care tips

### Managing workloads and pressure

- Current stresses and pressures
- Work related stress and performance
- Thinking traps and boundaries
- Managing energy
- Heavy workload tips
- Wellbeing outside of work – self-care

### Creating a workplace wellbeing action plan

- Benefits of having an action plan
- Key information to be included
- Preparation
- SMART goals and timeframes
- Resourcing and reporting
- Evaluation

Please contact [workshops@vitae.co.nz](mailto:workshops@vitae.co.nz) with any questions.

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### Te Whare Tapa Wha Lunch & Learn series

#### Overview

This series has been designed to apply the Māori model of health 'Te Whare Tapa Wha' to various wellbeing topics, with the aim of supporting staff to thrive.

#### Delivery

- 30-minute presentations
- Lunch and learn style
- Follow up website links on session topic – provided to organisation
- Minimum 3 sessions to be booked.

The presenter will provide topic awareness and thinking skills, along with practical tips fitting under each pou of Te Whare Tapa Wha. Participants are also provided with the opportunity to listen and reflect.

Organisations can select the session topics they are interested in or repeat the same session multiple times to reach a wider audience.

Following each session delivery, information is provided with further reading links to share with participants. For further information about this series of information sessions and a topic list, please contact [workshops@vitae.co.nz](mailto:workshops@vitae.co.nz) or your Vitae Customer Relationship Manager.