



Workplace Well-being New Zealand

ELLA SIDEY



Hi there, I'm Ella

a mindfulness guide for workplace well-being

My why

Over 10 years ago I suffered a major personal loss in my family. It was only then that I discovered how little I knew about managing stress, my emotions or even how to take proper care of my well-being. I believe we should all be taught and have access to our own toolbox of skills to support us with challenges and optimise our potential.

My mission

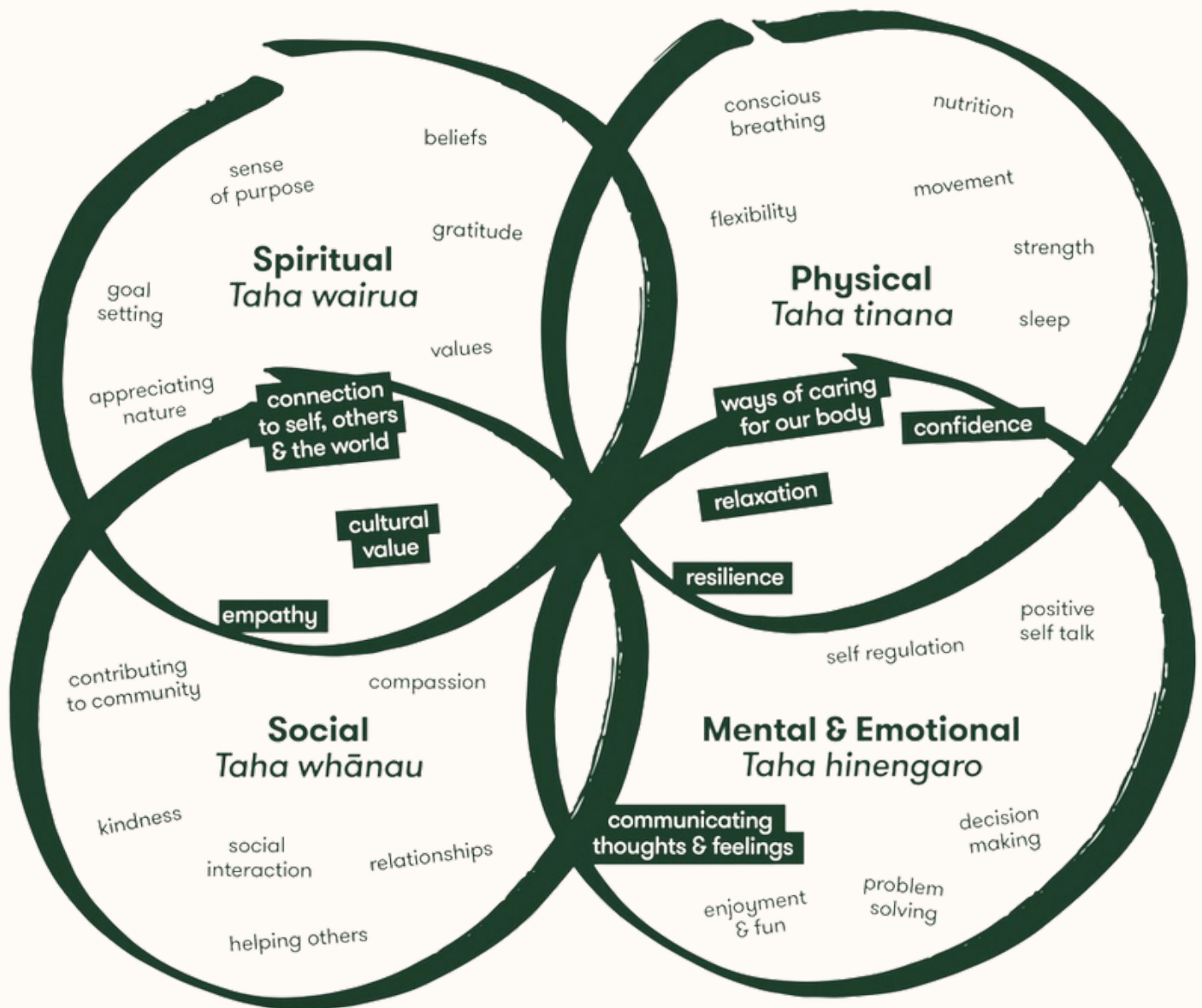
This journey has taught me that we all have the ability to set and achieve goals, deal with stress, manage our emotions and create a fulfilling life of balance and calm. My mission is to ensure that these skills are simple, practical and accessible to everyone. No matter what age we are, we should all feel in control of our personal hauora/well-being.

My foundation

I have seen and experienced the immense benefit that practising bite-size mindfulness and self-care based on the philosophy of our Hauora creates. This framework is the foundation of my well-being workshops, resources and my own self-care practises. The skills that I teach are bitesized, short, quick and powerful tools that people can easily implement into their day. Even just 1% of our day - less than 15 minutes to calm our minds and bodies, be more mindful and care for our holistic well-being so that we feel our best.

Te Whare Tapa Whā

Our foundations for hauora/well-being



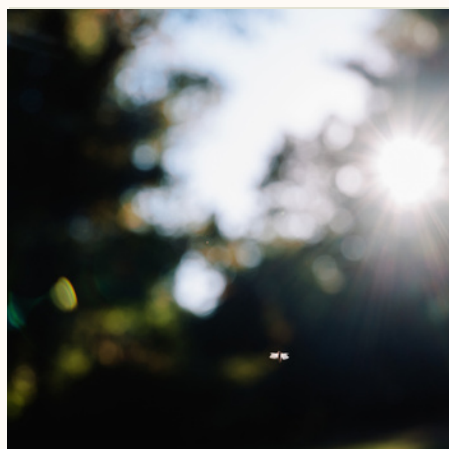
Services



Workplace Well-being

Explore tools to create a more resilient, calm, confident and positive environment for your team. Small, daily self-care practises and build a toolbox of skills to de-stress, manage emotions and create a better work- life balance.

[LEARN MORE](#)



1-1 Mindfulness Guide

One to one support for people in your workplace. We will create goals and next steps specific to their own well-being.

[LEARN MORE](#)



Well-being Resources

A quick and powerful daily tool for adults to help create small goals, practise daily gratitude, clear their mind, increase positive thought patterns and become more self-aware. Our 5-minute journal, The art of a positive mind is a must for well-being.

[LEARN MORE](#)



Workplace Well-being

- ✓ Prioritising time for self-care and work-life balance
- ✓ Tools to de-stress and become more self-aware of thoughts and emotions
- ✓ Mindfulness exercises to boost energy, focus and learn to shift their attention to the present moment
- ✓ Developing daily well-being goals and habits based on the four aspects of hauora

Option 1

*1 x one-hour workplace well-being session
Includes the 'Art of a positive mind' journal
= \$33 per person*

Option 2

*2 x workplace well-being sessions
(45 minutes - 1 hour)
Includes the 'Art of a positive mind' journal
Bonus: Resources and light snacks provided
= \$66 per person*



"Our workplace wellbeing sessions were amazing even in the small time we have had I have gained so many new tools to better my life." - Erin

"We had Ella come in for a workplace wellbeing session - was awesome to learn about daily tools to combat a stressful day at work. Super helpful!! Would highly recommend for any business to help with a more positive work place!!!" - Tabatha

"It was really nice to just take some time to find myself before starting a busy day. We went through many different resources for this including journaling, mindfulness, meditation, breathing exercises and many more so there was something for everyone. I would highly recommend Ella even if you feel this isn't for you her bubbly bright attitude would make your day regardless!" - Alex D

"A must for all workplaces, starting with management first. Thank you Ella for putting your heart and soul into helping people learn the invaluable tools and techniques of coping with day to day stresses, healthy gut and their holistic well-being." - Annabel Sloss



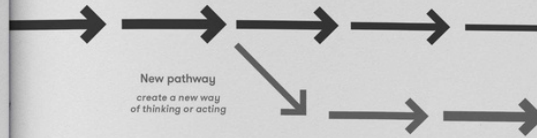
If we are not **consciously** aware of what is going on in our brain, how can we be ready to change it?

Our Hauora

Neuroplasticity

The pathways in your brain (neural pathways) connect distant areas of the brain and nervous system. Whenever you have a thought or a feeling, you strengthen the pathway associated with that action or behaviour.

Creating new thoughts or feelings about something can change the structure of your brain; this is called neuroplasticity.



Imagine neuroplasticity as highways we have developed for ourselves throughout our life depending on life's circumstances. So when we are creating new ones, it's like taking the road less travelled. When we are hungry, tired, stressed or burnt out, we fall back on the well-used highways because they are easier to take... even if you don't want to go down that road anymore.

Sometimes things won't go perfectly on your new road, and that's to be expected. We have to take this new road and practise using it over and over again to form this new pathway, so that this pathway becomes a well-travelled highway.

Ever changed a habit? This is neuroplasticity at its finest.

As the saying goes 'it takes 21 days to change a habit', which is enough time to build that thought which will become a long term thought and memory, but in order to turn that thought into a habit, you need to practise for another 42 days, nine weeks in total.

This journal will support you and your thoughts for all nine weeks.

You can go three minutes without oxygen, but not even three seconds without thinking. So you need to learn to manage your mind and control your thoughts so that they don't control you.

Our Hauora



The art of a positive mind 5-minute daily journal

These quick and powerful journals are included in your workshops. They will help your workplace begin their journey into writing down their thoughts and expressing gratitude daily.

Over the course of nine weeks, this beautiful book will help people uncover what makes their day great, how they can get more out of each day and give them the clarity to live their life with purpose.

This is a simple tool to clear minds, become more self-aware of thoughts/emotions, create new positive thought patterns, set goals and daily intentions.

Gratitude has been shown to be a powerful tool when alleviating stress, increasing our happiness, being more present and living a more optimistic life.

This five-minute daily journal increases mental clarity, reduces stress and creates a more positive mind.

Get in touch with Ella

- 01 Get in touch for a quote and more information about your unique session layout. Number of sessions, dates and times are flexible.
- 02 50% invoice paid to secure time and date/s
- 03 Workshops or programmes delivered. A summary of sessions for overview of findings and next steps will be sent if wanted/required for your business.



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