



WORKSHOPS & FACILITATION

Upskill your team for a safer, healthier workplace.

What Is It

Our workshops are bespoke, interactive sessions covering topics within psychosocial safety, psychological safety, mental health, and wellbeing. They combine theory, exploration, reflection, strategies, and actionable tools. Attendees receive materials for ongoing learning. Workshops can be delivered in-person, online, or as recorded sessions, and can be offered as standalone events or part of a series.

Why It Matters

- Empowers employees and leaders.
- Reduces stress and burnout.
- Creates a culture of care and performance.

Who Is It For?

All staff, leadership teams, and wellbeing champions.

Workshops We have delivered

Psychosocial Safety, Hazards & Compliance

- Psychosocial Safety, Hazards & Compliance
- Psychosocial Safety: Understanding and Supporting Workplace Well-being
- Psychosocial Safety in Practice: Implementing ISO 45003
- Preventing Bullying & Harassment (Psychosocial Hazard Control)
- Preventing “Diffusion of Responsibility” in Safety

Take the Next Step
Book a consultation today
office@kowhaiwellbeinggroup.com



Workshops & Facilitation

Psychological Safety, Culture & Leadership

- Creating a Culture of Psychological Safety: A Workplace Guide
- Psychological Safety Part 2: Trust Repair & Team Kickstart
- Empathic Leadership & Communication
- Inclusive Leadership & Unconscious Bias Awareness
- Servant Leadership as a 2025 Trend: People-Centric Leadership
- Just Culture & Learning from Mistakes
- Team Culture Under Pressure (Emergency Management/Incident Response)
- Managing Through Storytelling

Mental Health & Support

- Emotional Intelligence at Work: Managing Difficult Emotions
- Mental Health First Aid at Work: Recognising and Responding
- Mental Health First Aid for Managers
- Suicide Prevention & Crisis Intervention
- Peer Support & Critical Incident Response
- Psychological PPE – Building Mental Readiness

Diversity, Inclusion & Neurodiversity

- Neurodiversity in the Workplace: Inclusion and Support Strategies
- Neurodiversity Training for Leaders
- Menopause at Work: Creating an Inclusive Environment
- Managing a Multigenerational Workforce

Change, Resilience & Wellbeing

- Navigating Change: Building Resilience in the Workplace
- Burnout and Boundaries: Protecting Your Well-being at Work
- Holistic Health Habits for Mental Resilience
- Fatigue Management & the “Right to Disconnect”
- Emotional Agility & Positive Mindset Training
- HR Self-Care and Compassion Fatigue Prevention
- Productivity and Performance

Motivation, Engagement & Team Development

- The Science of Motivation: How to Stay Engaged and Productive
- Strengths-Based Team Development
- Coaching & Mentoring for Employee Growth
- Engaging the Disengaged: Motivating “Quiet Quitters”
- Preventing “Diffusion of Responsibility” in Big Projects

Communication & Difficult Conversations

- Courageous Conversations: Navigating Difficult Dialogue at Work
- Preventing Workplace Violence & De-escalation

Workshops & Facilitation

Our Community Commitment

We believe wellbeing should be accessible to everyone. Through our sister company, Kōwhai Therapeutic Services, we provide low-cost counselling for the community. In addition, 5% of all revenue from Kōwhai Wellbeing Group services is reinvested into community counselling, helping ensure support reaches those who need it most.



Timeframe

90-minute sessions or half/full-day workshops.

How It Works

1. **Needs Assessment** – Identify key topics and goals.
2. **Delivery** – Interactive sessions tailored to your organisation.
3. **Follow-Up** – Provide resources and practical tools.

Options

- **Single Workshop** – A focused session on a key topic.
- **Series of Workshops** – A structured programme for deeper learning.
- **Flexible Delivery** – Online, in-person, or recorded for future use.



Office @kowhaiwellbeinggroup.com



www.kowhaiwellbeinggroup.com

CALL US FOR MORE INFO



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