

Fully Managed Program

Thriving Through Uncertainty and Building Resilience

A dynamic program from The Flourishing Institute and Vibe.fyi that builds a positive mindset for hard-to-reach, deskless workers.

Does your workforce have the tools needed to navigate uncertainty and build a resilient mindset?

Our Thriving Through Uncertainty and Building Resilience program equips employees with tools to help them cope with challenging situations both at work and at home. This course will allow your workforce to:

- » Calm the stress response
- » Practice healthy thinking habits
- » Boost resilience

Crafted in partnership with The Flourishing Institute, the 12-month program is delivered through short, snackable messages on Vibe.fyi's digital channels. Thriving Through Uncertainty and Building Resilience is a Premium Program and can be purchased as a stand-alone program or in conjunction with expert workshops.

Fully Managed Content

Created in collaboration with **Jane Davis** from **The Flourishing Institute**

www.thefourishinginstitute.com

12-Month Program

- » Calm the stress response
- » Increase positive emotions
- » Practice healthy thinking habits
- » Boost resilience
- » Build a growth mindset

Subscription

Up to 1000 employees
\$1.50 per employee per month excl GST
(min spend \$250/month)

Over 1000 employees
\$0.95c per employee per month excl GST

5000+ employees
Contact us for enterprise pricing

90 Minute Workshop

Up to 25 participants via Zoom
\$1,500 excl. GST

Additional support and fully customisable solutions

Customise content to suit your organisation's needs and existing initiatives. We have additional support available for participants throughout the program.

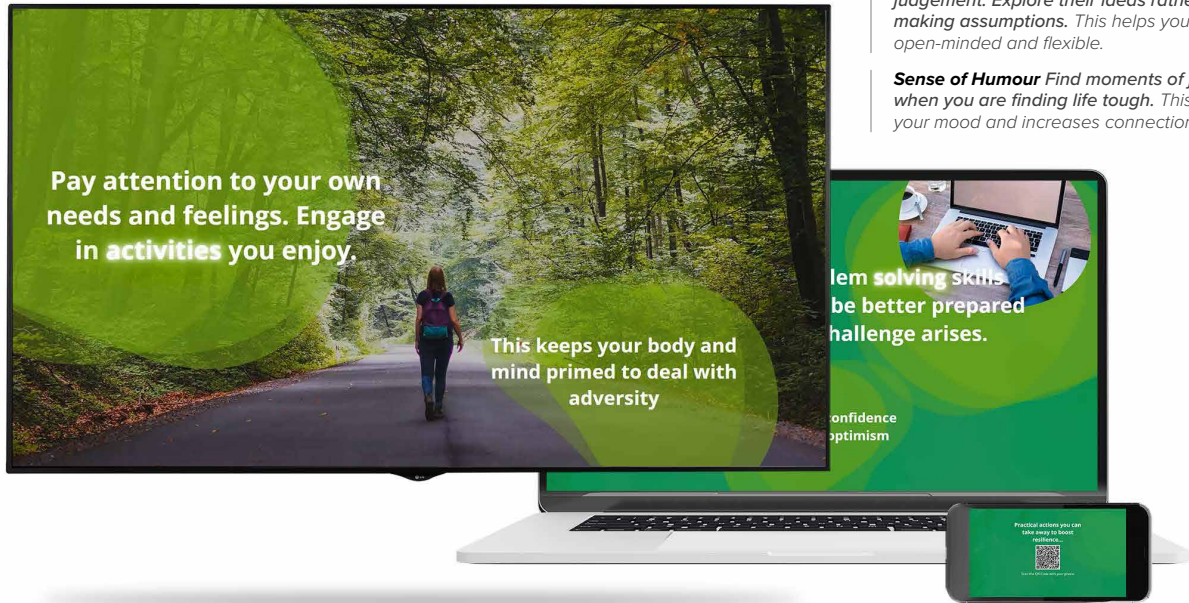
- » Regular webinars encourage deeper learning of topics in the program
- » Workshops can be facilitated virtually or face to face

Indicative Content Examples

Open to learning Learning fast isn't the same as learning well. Allow time for making mistakes in order to deepen your learning. This helps you cement your knowledge in your memory.

Be Curious Listen to others without judgement. Explore their ideas rather than making assumptions. This helps you be more open-minded and flexible.

Sense of Humour Find moments of joy, even when you are finding life tough. This improves your mood and increases connection.



Benefits of Vibe.fyi Programs

Organisations of every shape and size can unlock a wealth of benefits through the Thriving Through Uncertainty and Building Resilience program.



Fully managed content

Messaging is snackable, vibrant and engaging, with spaced content delivery to improve recall & encourage behaviour change.



Multichannel reach

Reach deskless employees via digital screens in common areas and deskbound/remote workers via web browser and screensaver.



Inclusivity

The program engages people using voluntary participation, and isn't exclusive to those who attend training courses or events.



Evidence-based learning

Teach employees how to apply evidence-based learnings to drive the behaviours that support a positive mindset.

www.Vibe.fyi

Given the challenges facing businesses today, building a more agile and determined workforce is more important now than ever before.