“The success of an intervention depends on the interior conditions of the intervenor”

Bill O’Brien, former CEO of Hanover Insurance

We will start in a few minutes. As you slowly arrive:
• Find a comfortable space and close your distractions
• Make sure you have your notebook handy
• Please add your organisation at the front of your name (abbreviations are fine if name is too long)
• Sit with this perspective and see what comes up for you 😊
WELLBEING TEAM & FACILITATORS

Ada Andreoni
Michela Fenech
Luzette Jaimes
Julie Engel
Adam Molyneux-Berry
COCO LABS

Works at a systemic level to create radical access to human development methodologies especially for underserved communities. As part of our work we engage with systems leaders in leadership development, wellbeing, & resilience in the face of complexity.

www.coco-labs.com
ARRIVING
INTENTION FOR THE WELLBEING LAB

Create space to pause and (re) connect with..

..what wellbeing means for you

..what you need to be well and resilient

..how wellbeing and inner work impacts you, your leadership and your impact
INTENTION FOR THE WELLBEING LAB

Learn practices that develop your capacity to be well and lead, especially in complex and difficult times.

Build awareness, build capacity and build relationships that support you in your leadership journey.
DIMENSIONS THAT INFLUENCE WELLBEING

- Physical
- Physical Space
- Nature
- Social & Cultural Context
- Relationships & Community
- Liveliness
- Contribution
- Transcendence
- Emotional
- Mental
## WELLBEING JOURNEY

| SESSION 1 | Launch: Wellbeing for Leadership  
October 29, 2-4 pm CET |
|-----------|------------------------------------------------|
| SESSION 2 | Stress, Anxiety & Resilience  
November 12, 2-4:30 pm CET |
| SESSION 3 | Self-care as Self-Preservation  
November 22, 2-4 pm CET |
| SESSION 4 | It all starts with Awareness  
December 10th, 2-4:30 pm CET |
| SESSION 5 | Social Injustice and Wellbeing  
January 21, 2-4:30 pm CET |
| SESSION 6 | Mindsets & Storytelling  
February 4, 2-4 pm CET |
| SESSION 7 | Healing our Histories  
February 18, 2-4 pm CET |
| SESSION 8 | Changemakers and Money  
March 4, 2-4 pm CET |
| SESSION 9 | Wellbeing: Relationship matters  
March 18, 2-4 pm CET |
| SESSION 10 | Closing: creativity to the rescue  
April 1, 2-4 pm CET |
AGENDA FOR TODAY

Introduce Wellbeing Lab
Wellbeing & Leadership Story
Group Reflection
Supporting each other in Wellbeing
Coaching Conversations
Closing
You Decide What Feels Appropriate at the Right Time

Where the magic happens

Your comfort zone

Panic Zone
Learning Zone
Comfort Zone
GROUP AGREEMENTS

to co-create a safe, caring and brave learning space

- Presence
- Openness
- Confidentiality
- Speak from ‘I’
- Intent & Impact