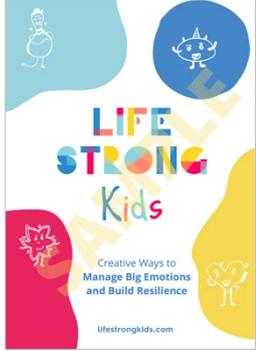


THE RESILIENCE SERIES

Bite-size videos: 4–5-minute duration

#	Theme	Title	Content
1.	Resilience	Choose Your Attitude	How to take control of your attitude when needing to bounce back from big life changes. We can't always choose the changes, but we can choose the attitude we approach them with. It's the one thing we always have a choice about.
2.	Mindset	Attitude SOS! (Sample video)	Two techniques to try when overwhelm or stress-levels are rising. One way is designed to calm your mindset by taking a 'Kia Kaha' Moment. The other way helps us to shift from a bad mood to a good mood by using Memory Songs.
3.	Productivity	Beat procrastination	Working from home requires a much greater level of self-motivation. This video covers tools and tips to get more done, including taking control of Parkinson's Law by using the Pomodoro Technique, writing a 6-point realistic To Do List and using the power of Small Wins to get started.
4.	Mindset	Stop Negative Thinking	How to check if your thinking is becoming overly negative and how to re-wire the conversations you are having with yourself to something a whole lot more positive. Support yourself rather than sabotaging yourself during these challenging Covid times.
5.	Virtual Teamwork	Positive Virtual Meetings.	Whether your role requires you to connect with colleagues or customers, a variety of different techniques are required to make virtual meetings more personable and engaging. This video is full of ideas to help you build connection, even when hundreds or thousands of miles apart.
6.	Change Management	Dealing With Unexpected Change	Change often puts us outside our comfort zone, especially when it is a change we never would have chosen, such as a pandemic or an internal restructure. This video covers how to mentally prepare for change and then cope more resiliently if change occurs unexpectedly, so that we are able to use it as a launchpad for innovation and personal development.
7.	Physical Health	Sit Less, Move More (Sample video)	Dr James Levine reported that we are "sitting ourselves to death"! Sitting too much not only causes health problems but negatively impacts productivity so this video is full of practical hacks to get you up from your desk and moving more during the working day.

8.	Mindset	Happiness Habits	Scientifically proven ways to protect our mindset and feel happier so that we can expand our ability to tolerate the challenges. It's not all genetics or whether you were born a pessimist or an optimist! The video covers: how to 'Habit Stack' to make sure these positive habits stick; why feeling positive is a way of being that is worth striving for; that 75% of career success is attributed to attitude, rather than skillset. Everyone benefits from increased happiness – you, the business and most importantly your loved ones.
For Families by Life Strong Kids			
Intro	Wellbeing / Relationships	Parents & Caregivers: How to Build Resilience In Children (Introductory video to Life Strong Kids)	There has been a 50% increase in children struggling with their emotional wellbeing since Covid. The good news is that in the same way we can do things to stay physically healthy, there are also things we can do to help us stay emotionally healthy. We have partnered with Life Strong Kids to bring you four wonderful videos for families.
1	Wellbeing	 Managing BIG Emotions	Understanding our emotions helps us become happier, resilient and more confident. Big emotions like anger, sadness or worry are helpful messages from our brain that we need support or something needs to change. It is what we do when we feel these emotions that can help or hurt.
2	Mindset	 Positive Powe	Positive power (growth-mindset) helps you do amazing things, to keep trying even when you want to give up and it makes you feel good about yourself. It starts with the thoughts we think. Thoughts are a bit like seeds, they start small but the more you water them, the bigger they grow.
3	Relationships	 Happy Relationships	Having happy relationships makes us happy. Learning how relationships work and treating other people how we want to be treated is always worth it. When we imagine that we have an invisible 'love jar' that feels full or empty, we find ways to fill it.
4	Physical Health	 Brain Boosters	Our brains are similar to batteries. When they are fully charged we feel great - but when they start to run low we don't feel our best. We might feel tired, sad, irritable or worried. The good news is that there are things we can do to boost our brain and charge it up with things called happy hormones.

	Wellbeing	<p>Kids E-Book: Creative Ways to manage BIG emotions and build resilience (29 pg.)</p> 	<p>Twelve creative activities to embed the learning from the videos, including:</p> <ul style="list-style-type: none"> • Make your own Emotions Glitter Jar • BIG Emotions Snakes and Ladders • Make a Happy Memories Box • Emotion Bingo Movie Night • How to make a Worry Bag • Brain Boosting Chocolate Smoothie
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