

# WELCOME

“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

WELLBEING TEAM

COCO LABS

## 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](http://www.coco-labs.com)

**ARRIVING**

A blue-tinted landscape photograph of a mountain range. In the foreground, there is a dense forest of evergreen trees. The middle ground shows several layers of mountain ridges, with the closest ones being darker and more detailed, and the ones further away becoming progressively lighter and more hazy. The sky is filled with large, white, fluffy clouds. The word "ARRIVING" is written in a bold, black, sans-serif font in the upper left quadrant of the image.

# 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

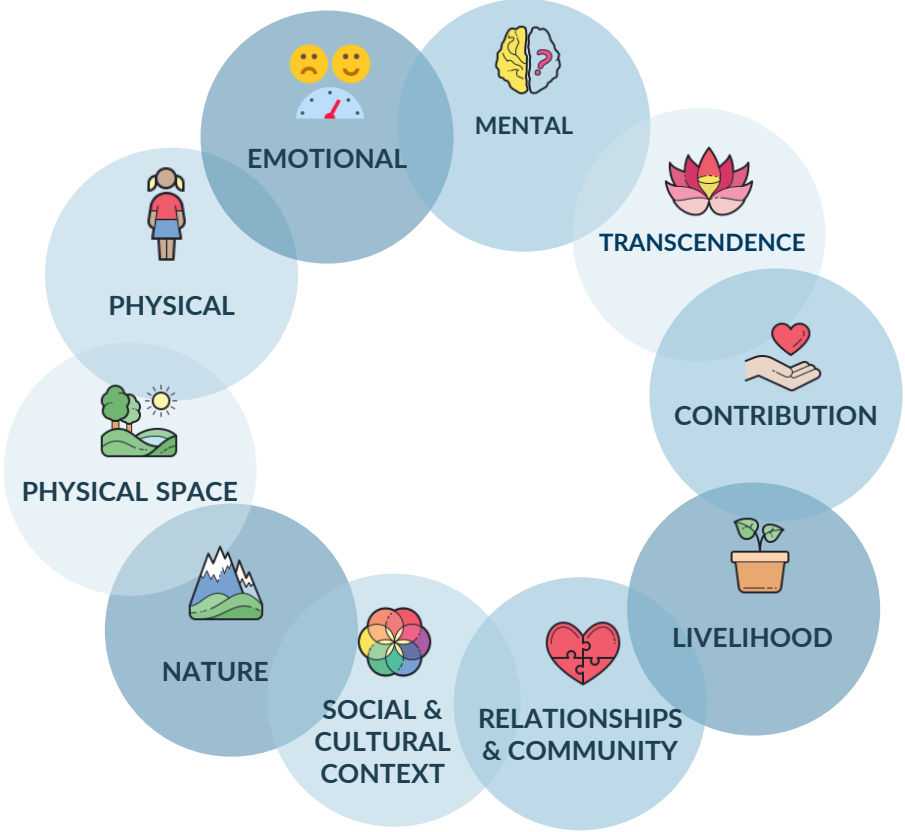
..how wellbeing and inner work impacts you, your leadership and your impact

# 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



# WELLBEING JOURNEY

## SESSION 1

**Launch: Wellbeing for Leadership**  
October 29, 2-4 pm CET



## SESSION 2

**Stress, Anxiety & Resilience**  
November 12, 2-4:30pm CET



## SESSION 3

**Self-care as Self-Preservation**  
November 22, 2-4 pm CET



## SESSION 4

**It all starts with Awareness**  
December 10th, 2-4:30pm 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

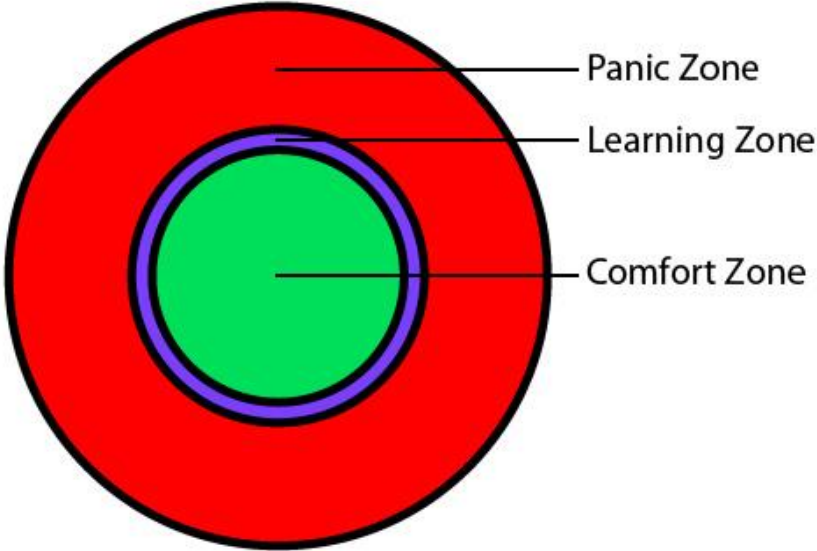
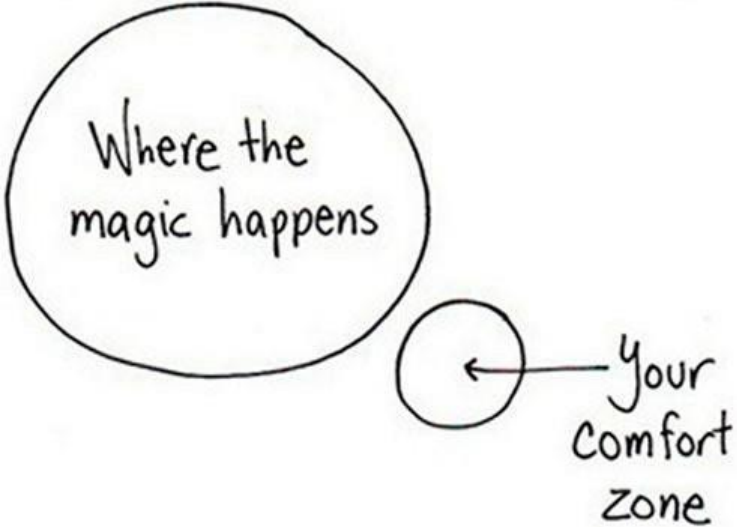
Group Reflection

Supporting each other in Wellbeing

Coaching Conversations

Closing

# You Decide What Feels Appropriate at the Right Time



# GROUP AGREEMENTS

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

Presence

Openness

Confidentiality

Speak from 'I'

Intent & Impact