



“ The best part of life is not just surviving, but thriving with passion and compassion and generosity and kindness. ”

Maya Angelou

“Those who experience thriving at work were perceived as having 16% better performance by their managers, and self-reported 125% less burnout. They were 32% more committed to their organisation, and 46% more satisfied with their jobs”

Research conducted by The Center for Positive Organizations

Simply put, thriving is feeling good and functioning well.

Learning and practising thriving strategies has been shown to improve health, achievement and resilience. It also helps buffer people from experiencing difficulties during times of stress or hardship.

Let's be clear though – thriving is not about always having to be happy, overly optimistic, or “keeping positive”. We can thrive and still find life tough sometimes. Acknowledging difficulties and asking for help is an important component of thriving.

A thriving framework aligns well with a positive culture of wellbeing and high performance. For example, many people enjoy the thrill of a high pressure work environment, where the tempo is fast paced and challenges can be met. Whilst high pressure without self-care can lead to burnout, high pressure with wellbeing strategies can lead to high performance combined with sustainable thriving.

The Thrive training is designed to acknowledge and support this culture, whilst supporting people to maintain their wellbeing alongside high performance – let's achieve both, not one without the other.

Our Thrive training helps people:

- Notice when they are feeling negatively stressed
- Have open supportive conversations with colleagues and managers about wellbeing at work
- Be able to ask for help and support when required
- Use effective strategies to strengthen their personal wellbeing:
 - Mindfulness
 - Recovery and oscillation
 - Boosting positive emotion

“Great practical advice and tools we can utilise. Absolutely loved Thrive.”

“Brilliant, relevant & useable content Awesome workshop.”

“Good length and engaging material focusing on the psychology and practical techniques.”

FOR MORE INFORMATION OR REFEREE DETAILS, CONTACT:

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