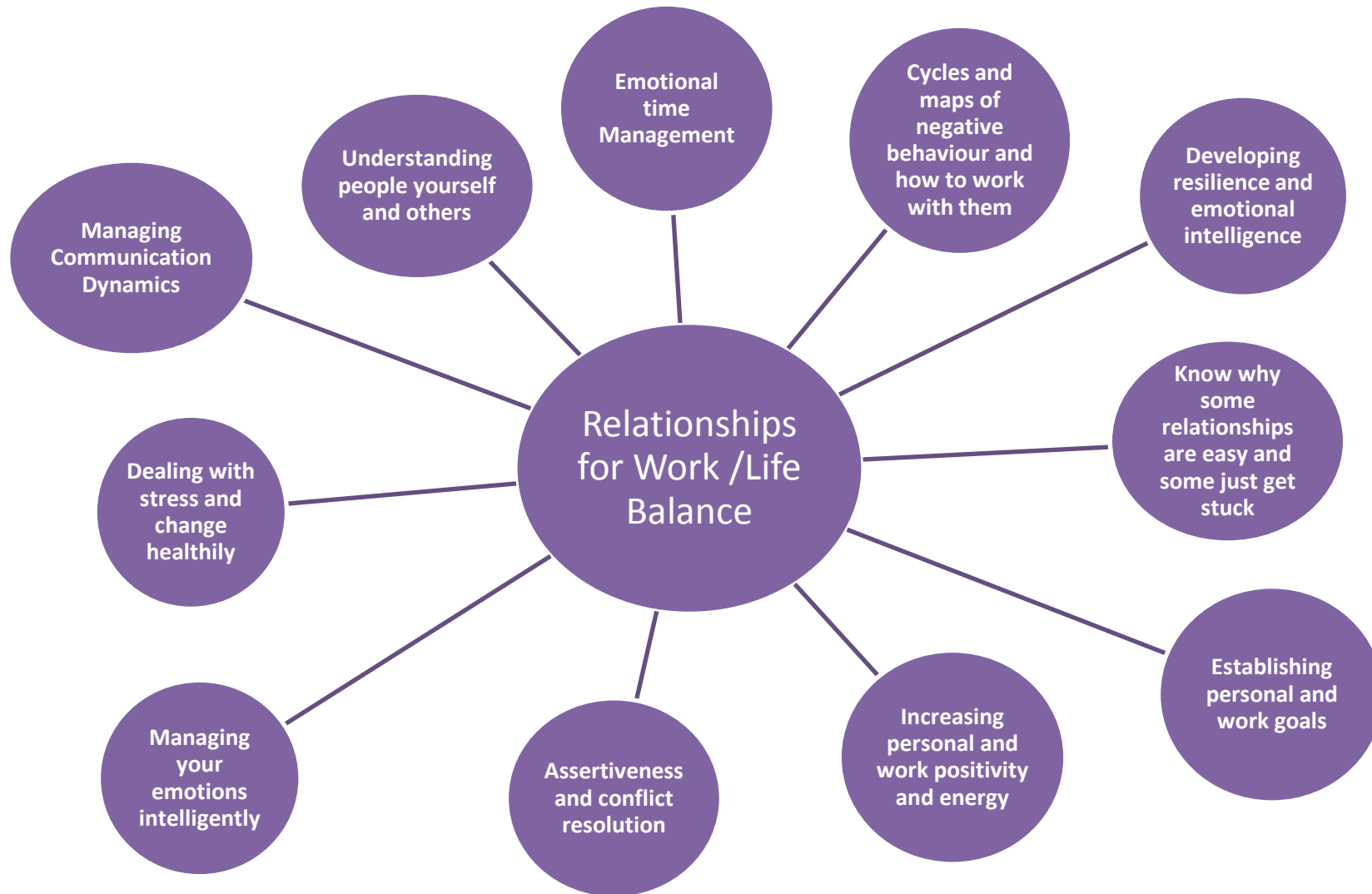


Design Your Own 'Quick Bites' combination



1 hour/2 hours or 1 day/2 days

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1 hour/2 hours or 1 day/2 days

How Much Is Enough?

For Parents, Teachers and anyone interested
in this topic

- How much is enough? Using the tools to recognise and manage abundance and the social realities of 'Overindulgence'

Creating Healthy Workplace Structures

For anyone including Professionals
and Managers

- Recognising the signs in Adults who have been 'Overindulged' - and how to manage and create healthy, clear structures that work

Get a Grip on Commitment

Open to anyone who wants to learn more
about this topic

- Get a grip on Commitment - understand why some people are commitment phobic, and some are over committed and how to gain balance in personal and work/life commitments

Get a Grip on Commitment in the Workplace

For Managers, Professionals and anyone
in the Workplace

- Get a grip on workplace commitment - what it means, how it has changed and how to get a healthy workplace commitment

1 hour/2 hours or 1 day/2 days