



With Victoria reimposing Stage 3 lockdown, it is more important than ever that we continue to support our people in transition.

Transition Webinars

ONE HOUR MODERATED SESSIONS

- **Working from Home with Others:** How to maintain our attention, energy, wellbeing and focus.
- **Back to Basics:** How to maintain our mental and physical wellbeing through the sustained disruption of COVID-19.
- **Combating the Loneliness of Lockdown:** Exploring strategies to cope with feelings of loneliness and isolation through COVID-19.
- **Work-Life Transition Tactics:** Redefining work and life through COVID-19.
- **Couple Navigation:** Exploring the impact of COVID-19 upon couple relationships.
- **COVID Considerations:** Unpacking the unique challenges brought about by the COVID-19 pandemic and strategies for support.
- **Managing the Psychology of Sustained Disruption:** Supporting your people through the ongoing transitions of COVID-19 (for leaders).



COVID-19: MANAGING THE PSYCHOLOGY OF SUSTAINED DISRUPTION

Transition Coaching

FOR LEADERS AND TEAM MEMBERS

As a follow-up to the webinars or as a stand alone service, our transition coaching supports sustainable well being and the development of a personalised COVID-19 wellness plan.

Services can be offered as a 'one off' or packaged up to best fit your organisation's needs and budget at this time.



About Us

Transitioning Well is a leading organisation that works with progressive companies to support employees through work-life transitions. All Transitioning Well consultants are registered psychologists and accredited to run our programs nationally.



The onus of support at this time needs to be collective. It cannot fall on the shoulders of individuals. With no end in sight, workplaces need to step up and help their employees to build the endurance they need to run this marathon. We recommend having a transition tool kit in place that helps people understand their sticking points and allows them to harness what they can control and create a tailored wellness plan.