

# Virtual Learning Webinars



## WELCOME

Thank you for taking the first step towards your virtual learning journey. We are passionate about teaching people how to be their best selves and how to bring out the best in others.

While the Langley Group is well-known for providing engaging, challenging and practical face-to-face learning and development opportunities, you are now able to access the same quality Langley Group content and experience through digital means.

There are many benefits for businesses offering virtual opportunities to their employees, such as being efficient, cost-effective and flexible for busy work schedules.

We can also customise content, so please get in touch and we will work with you to create a programme that suits your needs.

This guide includes a list of virtual learning modules that we offer, and contact details for you to get in touch.

We look forward to providing you with the tools to get the best from yourself and others.

With very best wishes,



**Sue Langley**  
CEO  
Langley Group



## WHY LANGLEY GROUP?

Langley Group's success in the field of online or virtual learning is simple. We started out in business inspiring and educating people through face to face learning. We then took the best of this practice and transferred it to the digital world.

Our virtual learning modules cover the broad range of the sciences of human flourishing. We also develop content to suit the context and current needs of businesses and individuals.

### Features

- well-researched scientific content
- interactive, practical activities and engaging experiences
- flexibility of time, place and platform
- webinars to cater for large numbers, online and live virtual learning for smaller groups
- forums and virtual facilitation
- professional facilitators
- available in any time zone, and multiple language options
- 60 - 90 minute sessions

## OUR CLIENTS SAY:

"We have been working with the Langley Group for several years as one of our top virtual live classroom vendors and true experts in emotional intelligence, neuroscience and the science of human flourishing. The class topics they offer around emotional intelligence, resilience, change agility and more are spot on and highly appreciated by our global internal colleagues.

The facilitators are experts in their field and deliver highly rated classes. The Langley Group also immediately stepped up during these very difficult times with the Corona virus with, 'how can we help', and within a matter of days we had scheduled additional classes and two brand new webinars to address the current situation. I'd highly recommend working with this fantastic and highly expert team."

Karen Greenfield, Senior Director – SAP Learning2Go

**4.9/5**  
**Our rating as SAP's top provider of  
virtual learning.**

## TOPICS



### HANDLING EMOTIONS IN UNCERTAIN TIMES

When we are feeling uncertain often our basic routines are impacted. We find ourselves easily distracted and hard to focus. Once this happens and our emotions threaten to overwhelm us and it is easy to slip into 'less effective' habits. Our eating, drinking, exercise and sleeping routines are our foundations and without these it is tougher to handle difficult situations.

#### Participants will:

- Learn how emotions influence them and assess their current emotional response
- Understand the impact of changes on their emotions and their ability to look after themselves
- Develop skills to handle emotions as they experience them, rather than running away
- Learn strategies to handle anxiety, fear, concern and worry
- Develop awareness of the impact of denying emotions and longer term negative consequences

### LEADING AND MOTIVATING IN A VIRTUAL WORLD

Learn about the power of social networks to influence even when separated by physical distance. Then harness the science of self-determination theory to support motivation in a virtual world and leverage the the learnings of social neuroscience to stay connected.

#### Participants will:

- Explore the evidence of the power of social networks for positive influence
- Understand the mechanisms to enhance and create conditions for high levels of motivation
- Offer ideas to bring leaders and teams together
- Discuss practical strategies to communicate and motivate in a virtual world

### MAINTAINING POSITIVE FOCUS

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#### Participants will:

- Understand the basic drivers that support their mental health and wellbeing
- Learn the science for why their routines and habits are important
- Understand the disruptors to their foundations and how to keep them in place, even in isolation
- Learn how to develop new routines to support their wellbeing even when their routines have been shaken
- Learn how to create new habits to keep themselves strong in tough times!
- Understand how to use the five minute take off and other practical strategies to allow their brain to perform at its best!

### POSITIVE WELLBEING

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## TOPICS



### LEARNED OPTIMISM

This module is based on Martin Seligman's Learned Optimism model, and covers pessimistic and optimistic explanatory styles based on the three dimensions of pervasiveness, permanence and personalisation.

#### Participants will:

- Understand the difference between optimistic and pessimistic explanatory style
- Identify explanatory styles
- Identify their own explanatory style
- Identify the underlying beliefs of a pessimistic explanatory style and potential consequences
- Use the ABCD method of changing their explanatory style to enable more optimistic and positive attitude

### BRAIN FRIENDLY HABITS

The part of the brain that applies conscious thought to learn something new requires concerted and persistent effort. To create a change that lasts we need some simple shortcuts to harness neuroplasticity—our brain's capacity to adapt and learn.

#### Participants will:

- Learn how habits are formed in the brain
- Learn how to influence their happiness levels by changing their habits
- Understand the habits that are most healthy for their brain and body
- Understand how to optimise their brains to make habits easier to adopt and stick



**BUILDING POSITIVE  
ORGANISATIONS**

The Langley Group applies positive psychology, emotional intelligence and neuroscience to get the best from people.

## TOPICS



### MINDFULNESS AT WORK

Mindfulness practice can improve individual health, resilience, effectiveness and wellbeing. This program explains what mindfulness practice is and what it isn't, giving simple suggestions for how to incorporate mindfulness practice into your day.

#### Participants will:

- Identify what mindfulness practice is and the difference between mindfulness practice and zoning out or relaxation
- Experience brief mindfulness practices to do anywhere anytime
- Understand ways to improving resilience, effectiveness and success
- Explore the power of our mind to influence our agility, happiness and results

### THE UPSIDE OF STRESS

How you view stress will influence how it impacts you. Changing how you think about stress could make you happier, healthier and better able to reach your goals. Research on mindset and resilience will help you focus on the benefits of stress and to embrace it, activating the brain's natural ability to learn from challenging experiences.

#### Participants will:

- Use the 'tend and befriend' response to stress
- Challenge thoughts about stress to shape physiological responses
- Use a practical toolkit to get better at handling stress by understanding, accepting, and leveraging it to your advantage



## TOPICS

### THRIVING IN TIMES OF CHANGE

“The rate of change is not going to slow-down anytime soon. If anything, competition in most industries will probably speed up even more in the next few decades.”  
John Kotter

This quote from Kotter is 25 years old – and isn’t he still right! The pace of change will continue to get faster, and organisations and employees will need to become more robust and agile to keep ahead.

Your ability to anticipate and adapt to change — in other words, your change agility — is a critical core competency in today’s world. The evolving field of neuroscience offers fascinating insights and strategies to help you to react more positively and cope better when confronted with change.

### TAKING ON THE CHALLENGE RESPONSE

How you view stress will influence how it impacts you. Ellen Langer’s view of mindfulness provides insight into how our thoughts influence our outcomes. Being mindless can lead us to categories and then live in line with the rules of that category. In this session we will look at how we can shift our thoughts around the challenges going on in our lives in a way that could make you happier, healthier and better able to reach your goals. This session will provide a huge insight into small things you can do to make a massive difference in how you view your current world.

#### Participants will:

- Identify how people react to change using information grounded in neuroscience
- Appreciate the importance of demonstrating agility as individuals and teams
- Explore change agility skills
- Use the SCARF model as a framework for anticipating and modifying your emotional responses to change
- Use the research from neuroscience to better understand how to get the best of ourselves and others during change
- Identify strategies that develop the agility of your people to actively engage in change
- Learn to manage the threat response in the brain during change, to maintain focus and clarity
- Gain clarity on what we can control and what we can influence

#### Participants will:

- Use the ‘tend and befriend’ response to connect with other
- Use the challenge response to turn angst into action
- Understand how to leverage more ‘mindful’ ways of seeing the world into shifting outcomes
- Use a practical toolkit to get better at handling negative emotions by understanding, accepting, and leveraging it to your advantage

## TOPICS

### CULTIVATING A GROWTH MINDSET

Our mindset influences the extent to which we learn and develop, the way we respond, our impact on others and our personal wellbeing. The more we practice a growth mindset and recognise our unique power to make conscious positive choices in life, the more difference we can make to our own and other people's performance, development and wellbeing.

#### Participants will:

- Learn the consequences of a fixed and growth mindset through "doing"
- Cultivate a positive mindset and overcome the brain's tendency toward the negative
- Learn how to generate new neural pathways
- Use a growth mindset to accentuate learning and persist during set backs
- Influence happiness levels through intentional choices
- Learn the four key steps to building a growth mindset in themselves
- Learn ways to generate a growth mindset in others





## TOPICS

### HUMAN CONNECTION DURING ISOLATION

Currently we are being asked to distance ourselves from others and the impacts can be debilitating. We all crave positive relationships at work, inspiring connections with colleagues, bosses, team members and clients. These relationships can be the critical difference in a rewarding, engaging work life. Good relationships boost our mood and serve as a buffer when times are tough. They decrease our stress levels, improve our physical health and help us build the resources and skills to collaborate and succeed in our roles.

#### Participants will:

- Learn how positive relationships impact team effectiveness and satisfaction at work
- Create positive emotional connections for greater empathy and rapport – even when isolated
- Learn practical tips to enhance connection from a distance

### NEUROSCIENCE OF LEADERSHIP

The field of neuroscience is bringing new insights into how our brains work and the opportunity to better understand why and how people behave, make decisions and relate to others. At the same time the demands on leaders and anyone who wants to thrive at work are increasing.

We need to perform, collaborate, innovate and remain agile to navigate complexity and succeed in today's complex, interconnected workplaces. Neuroscience offers strategies to optimise the brain's performance and increase people's capacity to lead themselves and others in fast-changing global environments.

#### Participant will:

- Learn the fundamental mechanisms of the brain that drive people and organisations
- Understand core 'brain and body' abilities that have a direct impact on leadership effectiveness, productivity, wellbeing and engagement
- Learn brain-based strategies to lead themselves and others to success



To find out more:

[contact@langleygroup.com.au](mailto:contact@langleygroup.com.au)

[www.langleygroup.com.au](http://www.langleygroup.com.au)

