

the  
**GREAT**   
recharge

**PROGRAMME  
OVERVIEW**

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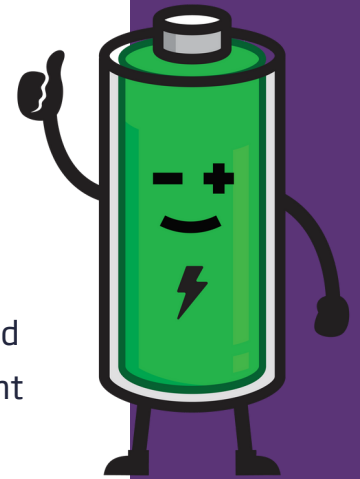
# Introduction

**How might your business be different if your employees were skilled at adapting in the face of significant or unexpected change?**

The Great Recharge is like nothing you've ever experienced and has been designed to grow knowledge about wellbeing at work. It builds a deep understanding of how wellbeing strengthens our adaptive intelligence, which leads to enhanced levels of resilience.

There are three workshops in the programme which can easily be tailored to your requirements: A short Introduction Workshop, a Leadership Event and the full Six-Workshop Series.

Use our team of facilitators across NZ and Australia or train your own internal team to build capability & knowledge from within your workplace.



## Programme Learning Outcomes:

Understand stressors at work – what causes them, how to recognize them and ways to navigate them better.	Grow confidence in recognizing and talking about wellbeing with other people at work.	Recognize the difference between pressure, stress, and burnout.
Knowledge and practical resources to help you proactively use wellbeing as a preventative factor at work.	Explore the link between wellbeing and resilience.	Consider practical ideas to keep yourself feeling good, functioning well and connected.

## Programme Delivery Options:

### ZOOM PROGRAMME

Workshops delivered via webinar are ideal for remote teams, small businesses and wellbeing champions.

OR

### IN-HOUSE PROGRAMME

Workshops delivered to suit your business needs; ranging from Boot Camps to Lunch & Learn formats - delivered at a pace that works for you.

# About Us

In September 2010 my life changed forever. The Christchurch and Kaikoura earthquake sequences ensured that my home was no longer habitable and my CBD office was destroyed. Suddenly it became part of my role as a Leadership Coach supporting the rebuild of the region to understand how we can thrive despite working knee deep in change and uncertainty...

Being able to adapt well under these circumstances has become the holy grail of modern businesses and is often known as Adaptive Resilience.

Luckily the science of wellbeing enables research informed discussion about ways to do this, and creates an ideal platform for The Great Recharge.

These workshops are perfect for businesses who want to fill the void between thriving and distress, and dig deeper into discussion about real wellbeing at work. Jammed with practical tools, resources, and opportunities to embed learning, these workshops are guaranteed to make a big difference in your workplace.

“I have seen how knowledge and choice can create confidence and strength, even when the world seems unimaginable” - Kathryn Jackson



## Kathryn Jackson

**Leadership Coach,  
Facilitator & Author**

**FOUNDER OF  
THE GREAT RECHARGE**

Kathryn Jackson personally understands the importance of deliberately building resilience at work, thanks to her role supporting the rebuild of Canterbury, NZ after a series of earthquakes ravaged the region.

Already an experienced People Professional and highly qualified leadership coach, it was now her responsibility to use academic research about wellbeing to create practical solutions for her clients.

As a commitment to leaving a legacy and sharing her knowledge, she published a book and regularly speaks at conferences about learning that now brought to life within this series of workshops: "The Great Recharge"

# Are You Ready?

## Tough Question Time:

Are you prepared to create a culture that supports and prioritizes wellbeing?  
The Great Recharge is a programme that requires more than just implementing workshops or initiatives.

It involves a leadership commitment, facing challenges as they are uncovered and fostering an environment which encourages topics like self-care, work-life balance, and an open dialogue about mental health and wellbeing.

**Understanding and leading wellbeing has become a strategic differentiator for business performance**

- Josh Bersin 2021

Wellbeing is no longer a nice to have, nor a token gesture on employment contracts.

Building a wellbeing culture creates a positive environment where employees' are truly seen and heard, and have a clear understanding about why they matter.

This leads to increased satisfaction, engagement, and higher performance - but with less risk of burning them out on the way.

In turn, the benefits to the organization include improved talent attraction and retention, cost savings, and a more positive and thriving work environment.

**For Ruralco, the mental health and wellbeing of employees is integral to our strategy and we've been working to ensure this is ingrained within the future of our business. The Great Recharge has been hugely influential in achieving this**

- Rob Sharkie, CFO

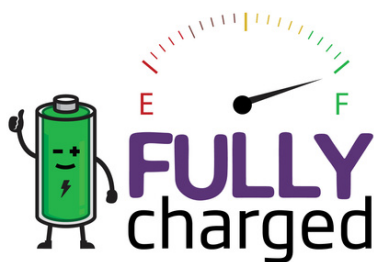
# The Workshops



## Workshop Overview

Quick Charge is a short introduction that is perfect for any business wanting to start the discussion about real wellbeing at work. Learning how to recharge quickly and effectively is at the heart of this interactive workshop, which is aimed at everybody who wants an overview of the science of wellbeing.

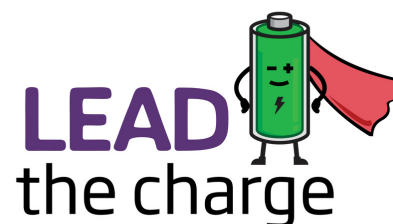
2hrs learning



## Workshop Overview

Fully Charged fills the void between thriving and burning out at work and is ideal for anybody seeking a deeper understanding about real and lasting resilience. The six research-informed workshops and resources generate curiosity and shared learning, as well as lasting change.

12hrs learning



## Workshop Overview

Lead the Charge asks tough questions about how we might harness wellbeing as a strategic differentiator. Three half-day workshops explore how leaders look after themselves, grow the ability to support others and enhance healthy work practices like confidence building feedback.

10.5hrs learning

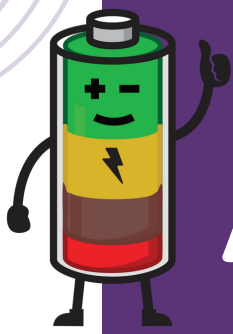
### TESTIMONIAL

Maybe the best, most practical course I've ever done in this space  
 - Thank you!

### TESTIMONIAL

A powerful reminder of the importance of being intentional about noticing and responding to personal well being





# Our Team of Approved Facilitators

The Great Recharge team is a collection of passionate and skilled individuals who genuinely care about growing wellbeing at work. Based in New Zealand, Australia and the UK, they are dedicated to helping your people thrive. Each of them draws from their own professional and personal experience of wellbeing, to deliver an exceptional for you and your staff.



**KATHRYN JACKSON**



**SUSI RATNAKAR**



**TIM MEHRTENS**



**SHARON KILMARTIN**



**LINZI EBBAGE-THOMAS**



**KELLY GOUGH**



**JULIA STOCKMAN**

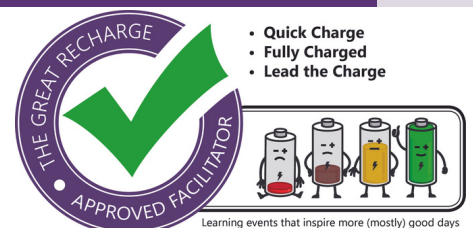


**RUTH CHRISTIE**



**SARAH GREEN**

**The Great Recharge Workshops  
APPROVED FACILITATORS**



# Embedded Learning



my everyday  
**wellbeing**  
powered by healthyfood.com

Keep the Conversation Going Beyond the Workshops. The Great Recharge has partnered with the award winning wellbeing platform, My Everyday Wellbeing is where you will find accurate, science-based advice and information on healthy eating, exercise and caring for your general wellbeing.

[www.myeverydaywellbeing.com](http://www.myeverydaywellbeing.com)

The Crafted Career Programmes is a self-directed online learning journey that introduces practical, easy to use resources to ignite hope, strength, and a positive career experience. A perfect complement to The Great Recharge that has been carefully designed to bring awareness to the skills, connections and moments that make work meaningful and life brighter.

[www.craftedcareer.co.nz](http://www.craftedcareer.co.nz)



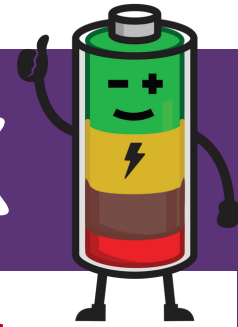
**NI**  
**NOTCH**<sup>®</sup>  
PASSION FOR LIFE

We are a proud partner for NOTCH, and have created a very special charm bracelet collection to represent strength and everyday resilience. Wear your achievements, milestones, memories & positivity around your wrist. Select from the Stronger Life collection or create your own engraved words & icons for each charm.

<https://notch.io/collections/the-stronger-life-story>



# GIVING BACK



## PROUDLY SUPPORTING NEW ZEALAND RED CROSS

**Every time you run The Great Recharge, a donation is made to  
New Zealand Red Cross**

Kathryn Jackson, the designer of The Great Recharge has enjoyed both a personal and professional connection with NZ Red Cross since 2010.

Professionally, she worked in collaboration with their psycho-social teams based in Christchurch after the Christchurch earthquakes to deepen her understanding about supporting wellbeing and building resilience in an environment of extreme uncertainty and distress. She used this knowledge within her coaching practice to support leaders and their teams during the rebuild.

Personally, Kathryn applied for and accessed a personal grant from the NZ Red Cross in 2012 to assist her family in moving to safety from their earthquake-damaged home. Her home was subsequently demolished.

### Her Story is shared Here

As a result of the support she received, Kathryn is passionate about enabling the NZ Red Cross to support others in similar circumstances so donations from programme royalties are directly used to support the delivery of Mental Health First Aid training. To date, this has equated over NZ\$5k.

Kathryn also collaborated with the NZ Red Cross to design Lead The Charge, ensuring this is a workshop series for leaders that perfectly complements their Mental Health First Aid training programmes.



# FAQ'S

Here are some of the most commonly asked questions from The Great Recharge. Please contact [hello@careerbalance.co.nz](mailto:hello@careerbalance.co.nz) if you have additional questions.

## **How do I know this training is any good?**

The founder of The Great Recharge, Kathryn Jackson has over 20 years experience as a learning specialist, deep qualifications in the coaching and people industry (EIA, EMCC, FCIPD), and was an associate of the New Zealand Institute of Wellbeing & Resilience. She is a part of the Expert team at the award winning My Everyday Wellbeing platform.

The Great Recharge workshops have all been peer reviewed and moderated by Dr Lehan Stemmet (TED Talker, Neuroscientist and lecturer at the University of Auckland).

Resilience at Work (the book) on which The Great Recharge programme was designed was a Finalist for Best International Business Book (London) and the Australian Career Book Awards in 2019.

## **Is this the "Wellbeing silver bullet" I've been looking for?**

The bad news is that there is no such thing as a wellbeing silver bullet and there is no quick fix to resolve it forever. It is a human state that ebbs and flows.

Wellbeing is tied up in many different parts of our life; for example relationship issues, the death of a loved one, or significant ill health are unlikely preventable and can happen to anybody in your team. However, this programme will equip your team with knowledge to help them to navigate workplace and life stressors more effectively.

Note that if your office culture is part of the reason for significant stress at work (e.g. you have constant restructures, unreasonable working conditions or leaders that don't care about their team) then you will need to address these things in addition to The Great Recharge.

The Great Recharge will give you a foundation for building strength within your team to be able to operate more effectively.

## **Why should my team attend The Great Recharge?**

The world we live in is filled with potential stressors, for example constant change, unexpected events, toxic colleagues...none of which are likely to go away any time soon.

Globally we have reported an epidemic of stress related medical conditions, including anxiety and depression for the last ten years. The Great Recharge will not directly address the clinical requirements for anybody in your team with mental illness, but the content might help to prevent some of your team members from becoming mentally unwell in the first instance.

## **We don't have a training budget right now.**

That's why there are different options for delivery, ranging from fully supported programmes through to training your own facilitators to deliver in-house.

Wellbeing and resilience isn't something you should wait to be able to afford so we wanted to ensure that you have options to learn about it right now.

# FAQ'S

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## **Now is not a good time, we have far too much going on.**

In that case, now is exactly the right time for you to run this programme because there are likely to be some pretty stressed people in your team, possibly making the wrong choices about caring for themselves. The Great Recharge will help them to understand the science of wellbeing and recognize the longer-term impact of reaching for chocolate, binge watching TV or ploughing on at all costs.

The programme has been designed to be learned in simple, interactive events that foster collaboration, understanding and compassion.

Think of this programme as your team's oxygen mask. Helping them to recharge more effectively, so they can perform more strongly at work despite all the things that are going on.

## **What changes will I notice in my team after The Great Recharge?**

The programme has been designed to encourage reflection, accountability and action.

Because of this, you may find that your team have questions about what they are learning. You are not expected to know the answers. Encourage them to access the further learning resources that are recommended at each workshop, or talk to other attendees about the programme.

You should expect them to become more solution focused, to make better choices about recharging and to more easily recognize potentially unhelpful choices they are making to support their wellbeing.

The reality of any training is that you may not notice any changes at all. It depends on how well you know your team, how much you notice changes in their behavior and what you do to encourage their professional growth.

## **How should I roll this programme out into my business?**

You are likely to be in the best position to understand how best to share The Great Recharge with your people, however here are some pointers to support you:

- Confirm your Champion(s) - find a senior influencer in the business who will actively support this programme. Attending, encouraging others to attend, talking/celebrating about results etc.
- Engage with Communications - if you have a comms team, consider seeking their support to share the stories of success from this programme.
- Walk, then run - don't expect to roll this programme out across your whole business immediately. Find early adopters - the leaders or teams who are interested in understanding the materials, then leverage from their stories of success
- Special requirements - if you have employees who would benefit from a different approach (e.g. hearing or visually impaired) please talk to us about design options.
- Anchor learning - consider a specific population to work with e.g. new joiners, high performing teams who need even more knowledge about recharging. Alternatively, Wellbeing Wednesday/Lunch & Learn etc. events will create regularity for delivery.

# THANK YOU

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THANK YOU from the bottom of my heart for choosing to explore The Great Recharge, and make a positive, lasting difference to wellbeing at work!

Contact your facilitator to start planning your journey...



+64 21 122 9513



[hello@careerbalance.co.nz](mailto:hello@careerbalance.co.nz)



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