

EXECUTIVE CONNECTION AND WELLBEING

MINI WORKSHOPS 1-4 HOURS CURATED FOR YOUR TEAM

How often do senior leaders have the time and space to focus on their wellbeing and how they connect with others? Not often we suspect! Our powerful mini workshops are designed specifically for executive teams and focus on the presence, connection and wellbeing senior leaders need to transform from great to stellar. Facilitators Georgia Hatzis Roberts and Jonno Roberts are both Harvard graduates, have worked globally and are passionate about wellness and resilience. Now settled in New Zealand they bring rare expertise and experience to their workshops that are hard to find in New Zealand.

Mini workshops available for a retreat at Bluestone or will come to you for an offsite.

MANAGING LIFE EVENTS

Like it or not, the outside world intrudes on the office. Life events can happen at any moment to you, your peers or your team. As a leader, knowing how to be and what to say when someone is suffering is a critical engagement skill not to mention life skill.

This workshop focuses on the most deceptively simple tools to help you manage yourself and others when things go... complex.. Learn how to be the best version of yourself when crisis hits, that you can be at home, in the office, and in traffic.

HARNESSING YOUR AUTHENTIC VOICE

The most effective communication style is, without doubt, authentic. We know immediately when a presenter is "presenting" and not honestly communicating. This workshop, with a classically trained, successful Broadway actor, will teach you how to access your own unique voice and bring authenticity to your presentations – be they to your board, your team, or to the world.

BE SEEN AND HEARD - WOMEN LEADERS

Perfect for women leaders, this workshop helps women learn to effortlessly be heard in business. Women know all too well how difficult that can be amidst the noise of meetings, and, in general in the business environment. And now we have the challenge of on-line meetings which adds an extra layer. Learn from a classically trained actor how to be your authentic self and be noticed and heard. The simple techniques will stand you in good stead your entire career.

LEADERSHIP CONNECTION

If you want to learn magnetic, compassionate leadership to create dedicated followers, this is your workshop. Having a true, moment-to-moment awareness of your inner self and of the inner selves of others can create a meaningful and vibrant bond between your team, or you and your peers. If others feel that you are completely present with them, your communication becomes measurably more effective. Using a 'secret sauce' that has been used by actors from Sidney Poitier to Meryl Streep to make their presence indelible, this workshop will connect you to your own inner life and unlock the inner selves of others.



TRANSFORMATIONAL BREATHING FOR PEAK PERFORMANCE

This is a powerful team workshop that introduces executives to meditation and breathing techniques that are fundamental to managing stress and wellbeing.

Transformational Breathing is an active meditation technique designed to reboot and rewire subconscious blocks and thought patterns that are keeping you stuck. This signature process combines the power of breath and visualization to clear stagnant energy from the mind and body while firing new neural pathways to tap into deeper purpose, release stress and amplify performance.

NATURE RESET

Take the team on a therapeutic walk in Bluestone's native bush and search for medicinal plants that have been used by Maori for centuries. Back at Bluestone use your finds to make a flora and fauna infused cacao drink, great for wellbeing. Recent studies are proving that therapeutic nature walks lower blood pressure, lower stress hormones, and improve cardiovascular and metabolic health. With the beautiful native bush walks in Bluestone's backyard you get the added bonus of resetting your nervous system while learning about the Aotearoa's flora and fauna.



Georgia



GEORGIA HATZIS ROBERTS

Georgia Hatzis Roberts is a Harvard graduate and holistic wellbeing expert with over 15 years experience coaching private clients in biomechanics, breath, meditation, and women-specific wellness.

A Greek American transplant from Los Angeles and New York she has embraced the kiwi lifestyle and is currently studying the unique medicinal qualities of NZ flora.

www.georgia-roberts.com

Jonno



JONNO ROBERTS

Jonno Roberts is a Kiwi American who has traded Manhattan for Matakana in order to live a good life in the country. Harvard educated, he has been a theatre director and teacher; corporate presentation coach; led his own private acting studio in Los Angeles; and as an actor himself has starred in film, TV, on Broadway, and in major theatres from Moscow to Washington, DC. He believes that great actors possess an emotionally intelligent 'presence', that, given the right tools, can be developed and honed in anyone.