

## Packages and Pricing for Personal & Corporate Group Workshops

Group Coaching Workshops are great and cost effective option. Coaching Workshops can be used as a tool to enhance workplace morale, motivate and energise your employees for better performance, team work and productivity and can provide other added benefits.

Popular Group Coaching Workshop Topics include:

### ***Stress Buster***

Suited to a team or department who is under constant pressure, whether it be time, money or other demands on resources. Managing stress is important as it can assist in effectively deal with high absenteeism, turn over, costly workplace injuries and burn outs incidents.

### ***Balanced Life***

A workshop focused on helping team members achieve a work/life balance. Having work/life balance results in employees feeling happier, being more productive and efficient, leading to increased bottom-line for your organisation.

### ***Happy Hour***

Teams are helped to get the most out of their time, resulting in greater workplace efficiency and effectiveness. Great time management skills are must for employees of today's dynamic organisations.

### ***Moshi Moshi***

Group coaching session concentrating on effective communication, which in turn leads to greater workplace efficiency and effectiveness.

### ***Happy Together***

Group coaching session concentrating on team building, for teams that may have challenges with working cohesively. Workshop leads to greater workplace efficiency and effectiveness.

## **Complimentary Services for Group Bookings**

With all group booking, complimentary **pre-group workshop consultations** are offered to ensure the maximum effectiveness of the program. Pre- group workshop consultation will address the following areas:

- Identification of goals and objectives
- Identify scope of the workshop
- Agreement on reporting procedure
- Identification of measures for evaluation on effectiveness of the workshop
- Agreement on evaluation procedures

**Post-workshop evaluation** is also conducted, in addition to feedback gathered from the participants to assess the overall effectiveness of the program objectively and report is prepared where requested.

### **Price list**

For all group bookings, minimum of 15 participants are required. Special 30% discount is offered to Not-For-Profit organisations.

### **Half Day Workshop**

\$160- per participant includes:

- Facilitation of Workshop
- Workbook and all other materials
- Discount Voucher for One-on-One Life Coaching for each participant
- A Prize of Special Gift Pack to be given away to one lucky participant

### **Full Day Workshop**

\$295- per participant includes:

- Facilitation of Workshop
- Workbook and all other materials
- Discount Voucher for One-on-One Life Coaching for each participant
- Two Prizes of Special Gift Packs to be given away to Two lucky participants

**Mio Seamder**  
B.A, (psych & HRM) MAHRI, MAPESMA  
Chief Happiness Officer  
Professional Life & Corporate Coach

P: (03) 5251 5412  
Mob: 0403 439 654  
F: (03) 5251 1809  
E: mio@recipeforhappiness.com.au  
W: www.recipeforhappiness.com.au

Achieve your true potential

\*all sessions and workshops need to be paid in advance unless otherwise agreed.

\*Price excludes GST.

\*Price excludes the venue hire and catering expenses. Catering can be arranged at additional costs.

\*Additional Travelling and Accommodation costs may be applicable if the workshop is requested outside Melbourne Metro, Ballarat or Geelong areas (Vic, Australia).

\*Prices subject to change without notice