

WORKSHOPS

with Sarah Bass





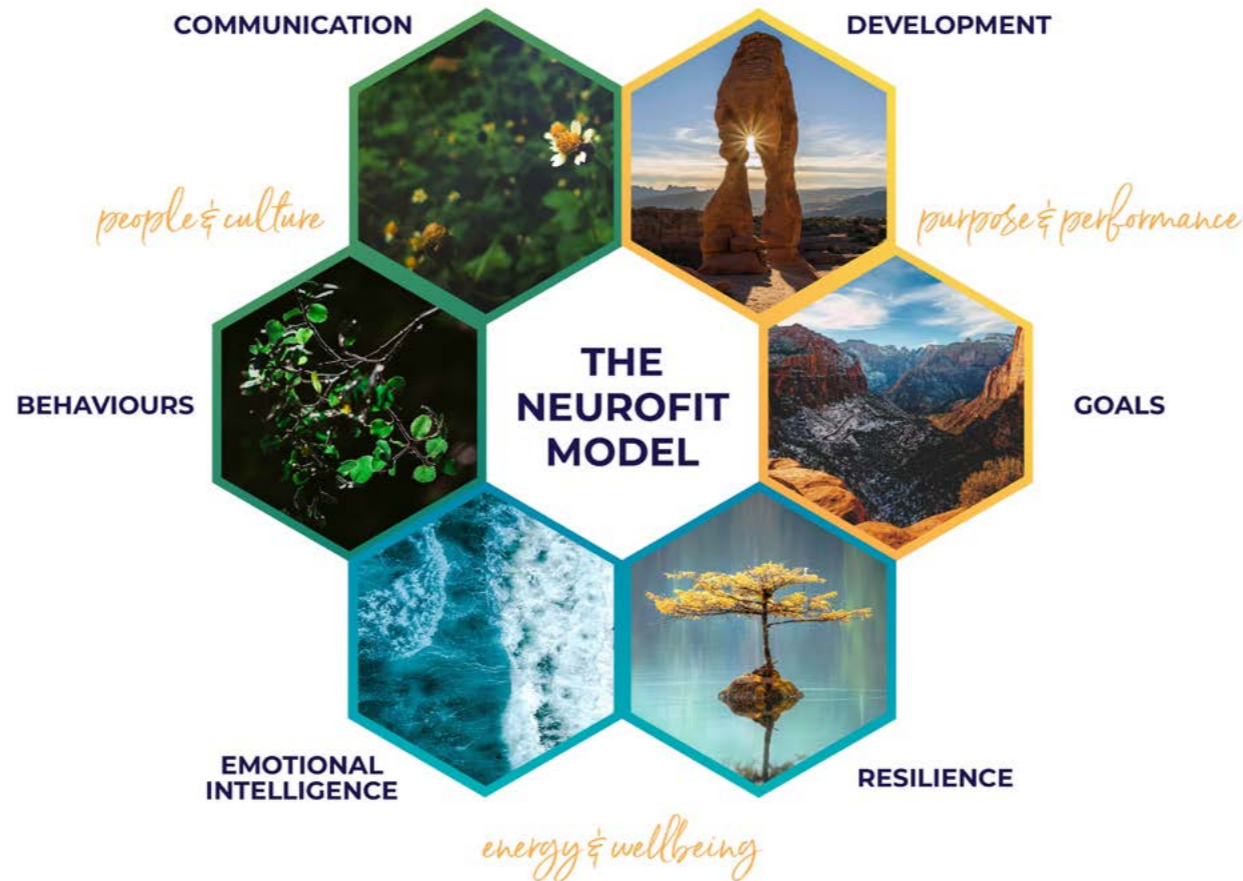
I'm Sarah Bass, a strategic HR adviser, trainer and coach.

Neurofitness embraces the fact that we are all unique, and have something great to bring to any situation. Through discovery and experimentation, workshop participants will learn what makes them come alive to live a life of purpose and passion.

Participants leave workshops with the tools and framework necessary to make a change for the better in their own, and in their teams, working lives. They will focus on doing what makes a difference and what's needed to ensure the organisation and their team is Future Fit.

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VIRTUAL WORKSHOPS

Workshops can be delivered to groups virtually over two x 90 minute sessions. Numbers are limited to 15 per session.

Sessions are interactive, supportive, and fun.

INVESTMENT: \$3,000 + GST

SESSIONS INCLUDE

- Presentations and worksheets
- Break out room discussions
- Polls

IN PERSON WORKSHOPS

Workshops are delivered in person at a site organised by the client and last for 3 hours. Numbers will depend on the facility, but are limited to 15 per workshop.

Sessions are interactive, supportive, and fun.

INVESTMENT: \$3,000 + GST

SESSIONS INCLUDE

- Presentations and worksheets
- Group work
- Online polls

All of Sarah's workshops are delivered in the following 3 formats

EXPERIENTIAL LEARNING WORKSHOPS

These workshops are only currently available in Perth. They include physical activities to put into practice the skills learnt in the workshop, which enables the immediate embedding of those new skills.

These are 6 hour workshops at a facility in the Swan Valley. These workshops are for groups of 20.

Sessions are interactive, supportive, fun and physical.

INVESTMENT: \$6,000 + GST

SESSIONS INCLUDE

- Presentations and worksheets
- Group work
- Online polls
- 2 outdoor activities