



SENSE & SELF

CORPORATE WORKSHOPS

Psychology-informed learning for better work and everyday life.

Better conversations. Clearer decisions.

Thoughtful, practical workshops to help teams understand how people think, communicate and respond. Participants explore useful ideas and ways to apply them in everyday work.

NOTICE

Attend to interactions with curiosity and context.

REFLECT

Make assumptions and thinking easier to examine.

RESPOND

Meet difficult moments with greater intention.

Explore the workshop series

01

The Unspoken: Mastering Non-Verbal Influence

Explore how words, voice, expression, movement and context shape an interaction. Practise noticing with care, holding interpretations lightly and using communication awareness ethically.

02

The Thinking Advantage: Harnessing Metacognition for Better Decisions

Build awareness of how we think. Explore ways to examine assumptions, notice habitual patterns and approach decisions with greater reflection and intention.

03

The Psychology of Difficult Conversations

Explore what makes challenging conversations hard and consider practical ways to listen, express a point clearly and keep dialogue constructive under pressure.

Designed around your team

Choose a focused session or combine topics into a broader learning experience. Content can be shaped around your organisation's goals, team and working context.

For Leaders, teams and people-facing professionals

Format Interactive, facilitated workshops

Focus Practical reflection and application

Let's shape a session for your team.

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SENSE & SELF · Centre for Psychological Well-being and Counselling Services