



# Weathering the Storm Together

Helping your **EMPLOYEES** and your **COMPANY** Better Face the  
COVID-19 Outbreak

DEDICATED **WEBINARS**



**We know how difficult it is for companies and employees alike to face these challenging times and we are here to HELP!**





Drawing on over 35 years of experience in aiding our client companies and their employees, CCS has developed a set of 12 webinars, especially selected and designed to help people deal with the effects of the COVID-19 outbreak. Based on collected data and feedback from our customers related to their immediate needs during this period.

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# Managing your Mental Wellbeing during Isolation



 1h in duration  
45 min. delivery / 15 min. Q&A

 Customised for digital delivery  
WEBEX Meetings Technology

 Delivered by a professional with  
minimum 10 years of experience

 Practical content  
Solution-focused approach

**01**

### Who is this for?

Anyone interested in practical tips about preserving mental tonus during isolation.

### What to expect?

- ✓ Sharing practical tips on mental health
- ✓ Presenting healthy behaviours during isolation
- ✓ Support for self-care
- ✓ Aid in creating effective daily routines

**healthy behaviours • mental health • wellbeing**

For most of us, this type of isolation is a totally new experience and our mind might simply be overwhelmed while it tries to cope with this new reality. This webinar will present the 10 most effective ways to better sustain our mental health during this period.


Highly practical and easy to implement, the tips provided in this online seminar will assist in developing daily routines that will strengthen your mental tonus and will help your natural coping mechanism. An essential webinar for maintaining proper mental health during isolation.




# How to Deal with Anxiety and Depression in Isolation



 1h in duration  
45 min. delivery / 15 min. Q&A

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**02**

### Who is this for?

Anyone who has a hard time with their thoughts or their focus, decision-making, sleep, etc. is affected by anxiety.

### What to expect?

- ✓ Exploring anxiety and how it affects our mind and body
- ✓ Seeing how isolation translates into our emotional side
- ✓ Learning techniques to tackle anxiety

**anxiety • depression • focus training • mind and body**

Every day we receive a host of information about the crisis developing worldwide, and every day we need to adapt to new rules, safety regulations and new ways of doing things. Humans have an outstanding potential for adaptability but when we are challenged in such a massive way, we might become emotionally affected. It may be overwhelming worry, difficulty sleeping, a hard time making decisions, restlessness. Join us for a 1-hour seminar so we can explore anxiety and depression together and learn how to tackle them effectively.





## When Facing Adversity, Don't Just Survive: Thrive!




**03**

 1h in duration  
45 min. delivery / 15 min. Q&A

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### Who is this for?

Anyone interested in making the most of the current situation and growing personally and/or professionally.

### What to expect?

- ✓ Understanding the reactions to adversity
- ✓ Information for gaining a new perspective
- ✓ Tools for identifying personal resources
- ✓ Exercises for personal growth

**inner strength • growth • personal development**

It is said that success in life depends upon being strong, with clear goals and indomitable spirits. But most of us aren't born that way, we grow that way. That growth comes either from us entering situations that can help us grow, or from how we react to circumstances we are presented with. Every contact we have with adversity gives us again the opportunity to grow personally and professionally and to forge our character into one that can achieve development. Let us show you how we can use the present challenging times for your personal development and growth!





## Easy-to-use Mindfulness Techniques for Daily Living




**04**

 1h in duration  
45 min. delivery / 15 min. Q&A

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### Who is this for?

Anyone interested in mindfulness and how it helps with relaxation during challenging times.

### What to expect?

- ✓ Understanding basic concepts about mindfulness
- ✓ How to experience the "Now"
- ✓ Easy-to-use exercises for daily living
- ✓ Putting mindfulness to work for a relaxed mental state

**focus training • mind strength • relaxation • mental health**

Mindfulness has been recognised as one of the best ways of dealing with stressful situations or challenging periods of time. That is because it enables us to control the wandering of our mind and thus not allow it to escalate negative thoughts.


Mindfulness is really about being in the present. It is a state of awareness that accepts the present moment whether it's good or bad without judgment or emotional colouring. Join us for this webinar to see how mindfulness techniques can help you deal with isolation.





# Maintain Productivity & Life Balance while Working from Home




05

 1h in duration  
45 min. delivery / 15 min. Q&A

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**Who is this for?**

Anyone who is new to working from home, regardless of the industry

**What to expect?**

- ✓ Developing healthy remote work habits for productivity
- ✓ Creating the right “office away from office” setup
- ✓ Learning techniques to keep distractions at bay
- ✓ Effectively plan your day for a good work/life balance


daily routine • remote work • work/life balance


Working from home, a setup that until very recently was the preserve of freelancers and location-independent professionals, has suddenly become norm. And this doesn't come without challenges. When the physical separation between work and personal life disappears, we may find ourselves navigating uncharted territories. This webinar explores both dimensions of working from home, and aims to offer practical solutions to help you strike a balance between your work duties and your personal life. Learn how to effectively plan your day and how to keep your responsibilities separated when in isolation.

# Effectively Manage Remote Teams for Leaders




06

 1h in duration  
45 min. delivery / 15 min. Q&A

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**Who is this for?**

Anyone in a coordinating role transitioning their team to remote work

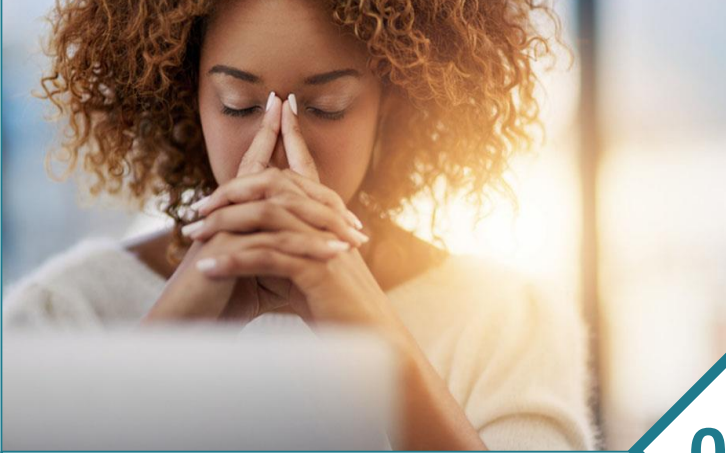
**What to expect?**

- ✓ Maintaining team's dynamic and productivity during challenging times
- ✓ Identifying right remote work tools for your team
- ✓ Learning from success stories of remote global teams
- ✓ Adapting your leadership style to remote work


managing remote team • remote work • remote teams


Transitioning your team from an “office” setup to “remote work” is a challenging task even with proper preparation and deployment plans. But when it happens overnight due to outside factors, it might be truly disruptive and damaging to the team's dynamic and productivity. It's on you to help them navigate this change while keeping an eye on global objectives. After this webinar, you can expect to have a better understanding of how remote teams function successfully and to be able to develop some hands-on solutions to keep your team productive, accountable and motivated through these difficult times.


## Coping with Change: Increase Resilience and Reduce Stress




07

 1h in duration  
45 min. delivery / 15 min. Q&A

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### Who is this for?

Anyone struggling to accept, understand and/or cope with the changes happening in their lives right now

### What to expect?

- ✓ Understanding change and its psychological impact
- ✓ Tips to reduce our resistance to change
- ✓ Exercises to reduce stress generated by change

change • resilience • coping tools • stress management


As humans, we are best equipped to adapt by building strategies and plans in order to make the best of life's challenges. What makes resilience special is the ability to recover quickly, to invest as many resources towards solutions and as little as possible towards the problem.


Equipping ourselves with the skill of resilience is spending our emotional and physical resources wisely, but it is an ability that doesn't come over night. Our webinar will give you a first introduction into resilience and explore the ways to start developing it.

## Effective Communication for Remote Teams




08

 1h in duration  
45 min. delivery / 15 min. Q&A

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### Who is this for?

Employees and leaders who are new to working as part of a remote team, regardless of the industry

### What to expect?

- ✓ Identifying the main communication obstacles you and your team are facing
- ✓ Learning from real success stories of remote global teams
- ✓ Finding the communication setup that works best for your team


effective communication • remote teams • remote work


Keeping communication channels open between co-workers when physically separated might prove difficult. Especially when your work requires close collaboration and fast decision-making. However challenging, maintaining good, effective communication during times of crisis is not only possible, but imperative to your success. This webinar aims to guide you through identifying your team's main communication obstacles and finding solutions that work for you. It will allow you to tap into good practices from teams with a track-record of successful remote work, and bring you tips on some great tools to move your offline team interactions to the online world.





## Isolated. Not alone!



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**09**

### Who is this for?

Anyone going through isolation alone or feeling impacted by the lack of physical contact with others

### What to expect?

- ✓ Understanding the consequences of isolation
- ✓ Introducing practical tips on identifying side effects
- ✓ Providing tools and information to prevent them
- ✓ Meaningful self-care options to combat loneliness and isolation

connectedness • isolation • not alone • social life


This webinar will introduce you to the rapidly evolving issues surrounding social isolation and loneliness in challenging times thus helping to increase your capacity to support yourself emotionally during these challenging times.


For many of us the current situation that prevents us from physically interacting with others, and our loved ones in particular, generates a strong sense of loss and to some even abandonment. Yet, social distancing does not have to mean social disconnect. Join us and let us show you how to still enjoy a social life, even if in isolation





## Parenting during Challenging Times



 1h in duration  
45 min. delivery / 15 min. Q&A

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**10**

### Who is this for?

Parents in need of guidance to navigate through different roles and responsibilities during isolation

### What to expect?

- ✓ Ideas on talking to children about what is going on
- ✓ Dealing with the lack of personal space/time
- ✓ Recognizing and managing anxiety in children
- ✓ Ideas to keep your family entertained

children • family • imposing boundaries • parenting


To be a parent is challenging, and that is when we have all the help and resources we need. To be a parent in a closed space while dealing with all the pressure of a full-time job and adding all the anxiety of the current situation, it might feel like an unreachable goal. Do you find yourself feeling angry, anxious, or just plain helpless? Or maybe you noticed how the tricks that use to work prove useless now? This webinar is meant to equip you with a new arsenal of parenting tools and ideas to navigate these difficult times.








## Caregiving when Self-isolating at Home



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11

### Who is this for?

Guardians/caregivers or anyone who shares isolation with a family member having a pre-existing condition

### Objectives:

- ✓ Information on self-care while caregiving
- ✓ Tips for managing the needs of a senior dependent
- ✓ Tips for managing caregiving for a person with a mental health condition

caregiving • love • support • self-care

Caregiving is always a difficult and emotionally-consuming task, but when you add up the pressures of social isolation, keeping those around you out of illness way and the new realities of life, it might start to look like a burden we cannot carry anymore.


Whether you need to look after a senior person, someone with a special condition, or a member of your household is struggling with a mental health issue, this webinar can help you gain more information about practical things that you can do for your loved ones, and how to also take care of yourself in the process.





## Healthy Couples in Isolation



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12

### Who is this for?

Anyone who feels that home isolation has added pressure on their relationship or feels disconnected from it

### What to expect?

- ✓ Understanding the worst enemies of “relationship bliss”
- ✓ Tips for decreasing reactivity
- ✓ Understanding secure attachment and how to build it
- ✓ Exercises to improve connection and support

isolated couples • relationship • love • togetherness

As we go through home isolation and other social distancing measures, many different and new stressors challenge our couples. The more forced time we spend together, the more reactive we get, the more likely we are to fight and doubt why we are together in the first place. As we well know, connection is one of the primary factors to a good immune system, and now more than ever we need a good immune system. This webinar is meant to show you how to enjoy all the benefits that togetherness can bring.



Our webinars are available globally in the following languages:




## CONTACT US

For Europe:

 [trainings@ccsint.com](mailto:trainings@ccsint.com)

 [office@ccsint.com](mailto:office@ccsint.com)

 +352 26976032

 +352.261.0873

For GCC:

 [eifrim@path.ae](mailto:eifrim@path.ae)  
+971 55 8398238

For US:

 [info@thepathgroup.org](mailto:info@thepathgroup.org)  
+1 201 500 60 89



2, Rue du Kiem, L- 8435 Steinfort/Luxemburg