



WORKSHOP CATALOGUE

LIVE EVENTS WITH **NEVERN SUBERMONEY**
FOR PSYCHOLOGICAL TRANSFORMATION

BA(General), BSocSci(Hons), MA(Clin. Psych)

STEPS

1

Choose from one of the topics below or request a personalised topic for your team.

2

Choose the workshop format that best suits your team.

TOPICS

- **How to Create a More Focused Team through Attentional Training**
- **Enhancing your Team's Productivity by Removing the Psychological Blocks to It**
- **How to Nurture a Creative Problem-Solving Team**
- **Making your Team Unstoppable through the Science of Resilience**
- **Evidence-Based Stress Management Techniques for Teams**
- **How your Team can Stay Productive while Taking Care of their Mental Health**
- **Eliminating Procrastination from your Team by Addressing the Underlying Emotions**
- **How to Multiply the Motivation of your Team through Psychological Principles**
- **How to Protect your Team's Willpower and Consistency in their Mission**
- **The Essential Elements of Emotional Intelligence for any Team**
- **Developing a Team of Leaders through Fundamental Psychological Skills**
- **How your Team can Protect and Promote their Mental Health**
- **Conflict Resolution Techniques from Couple's Therapy**
- **Boosting your Team's Confidence and Self-Esteem**
- **Creating a Team that Can Navigate Change and Uncertainty**

ONLINE

INTRODUCTORY WORKSHOP

1 x one-hour online session to introduce the basics of a psychological topic and how to get quick results.

R500 per person

20% discount for 8 or more participants

ADVANCED WORKSHOP

8 x one-hour online sessions over the course of 8 weeks to go deep into a psychological topic and how to get transformational results.

R4000 per person

20% discount for 8 or more participants

IN-PERSON

INTRODUCTORY WORKSHOP

A half-day training consisting of 3 x 1-hour sessions to introduce the basics of a psychological topic and how to get quick results.

R1500 per person

20% discount for 8 or more participants

ADVANCED WORKSHOP

A full-day training consisting of 3 x 2-hour sessions to go deep into a psychological topic and how to get transformational results.

R3000 per person

20% discount for 8 or more participants

“When we are no longer able to change a situation, we are challenged to change ourselves.”

- Viktor Frankl