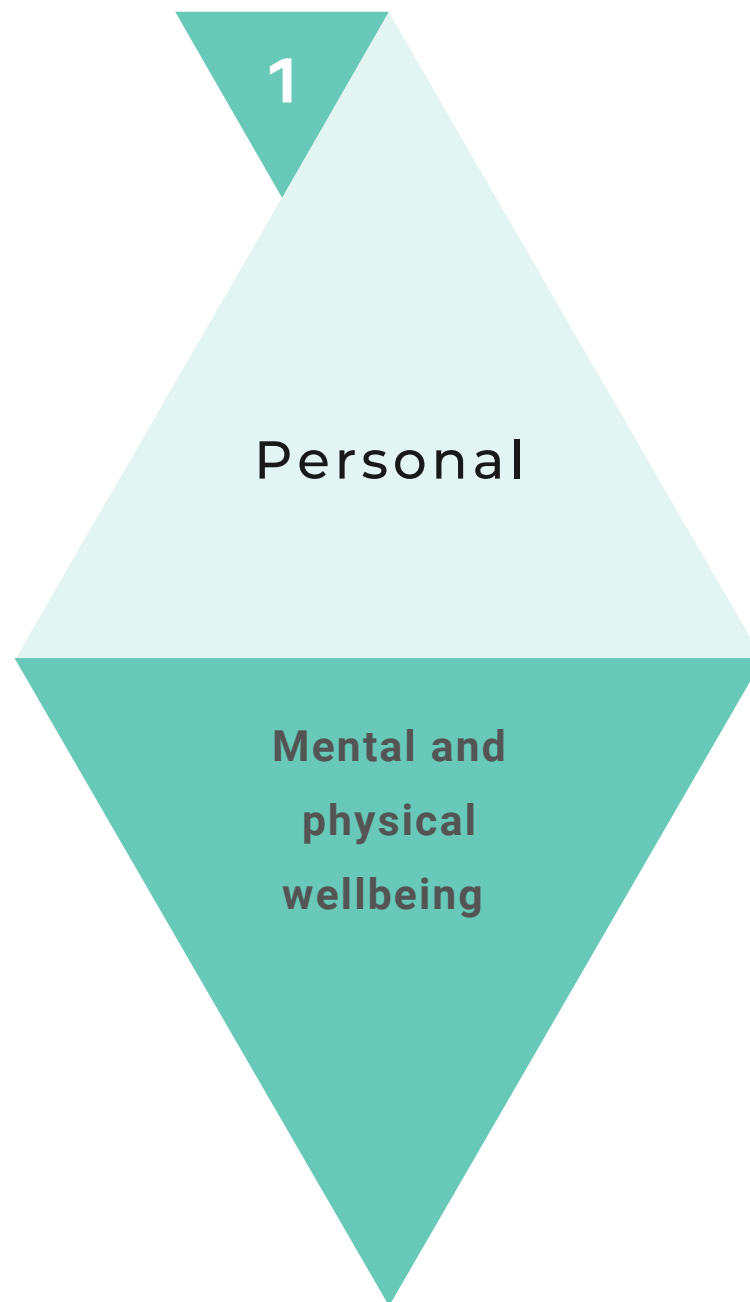


KITE SUPPORT MODULES FOR PERSONAL WELLBEING



1. Just breathe

Ideas to reduce your stress and keep calm during times of overwhelm.

2. Calm mind

To cope with the feelings of anxiety with Covid-19. Helps you to take care.

3. Growth mindset

Tips on how to encourage a positive and healthy mindset.

4. Be grounded

Exploring and determining your values during this difficult time.

5. Find purpose

Guidance on finding your purpose and looking forward to the future.

6. Switch off

How to create a positive relationship with technology.

7. Be present

Mindfulness activities that be done in your home.

8. Heal me

Coping with the grief of losing our previous life and living in the now.

9. Staying active

Tips on staying active and looking after your body and mind. *Coming soon.*

10. Self care

Simple ways to look after yourself in a crowded house.

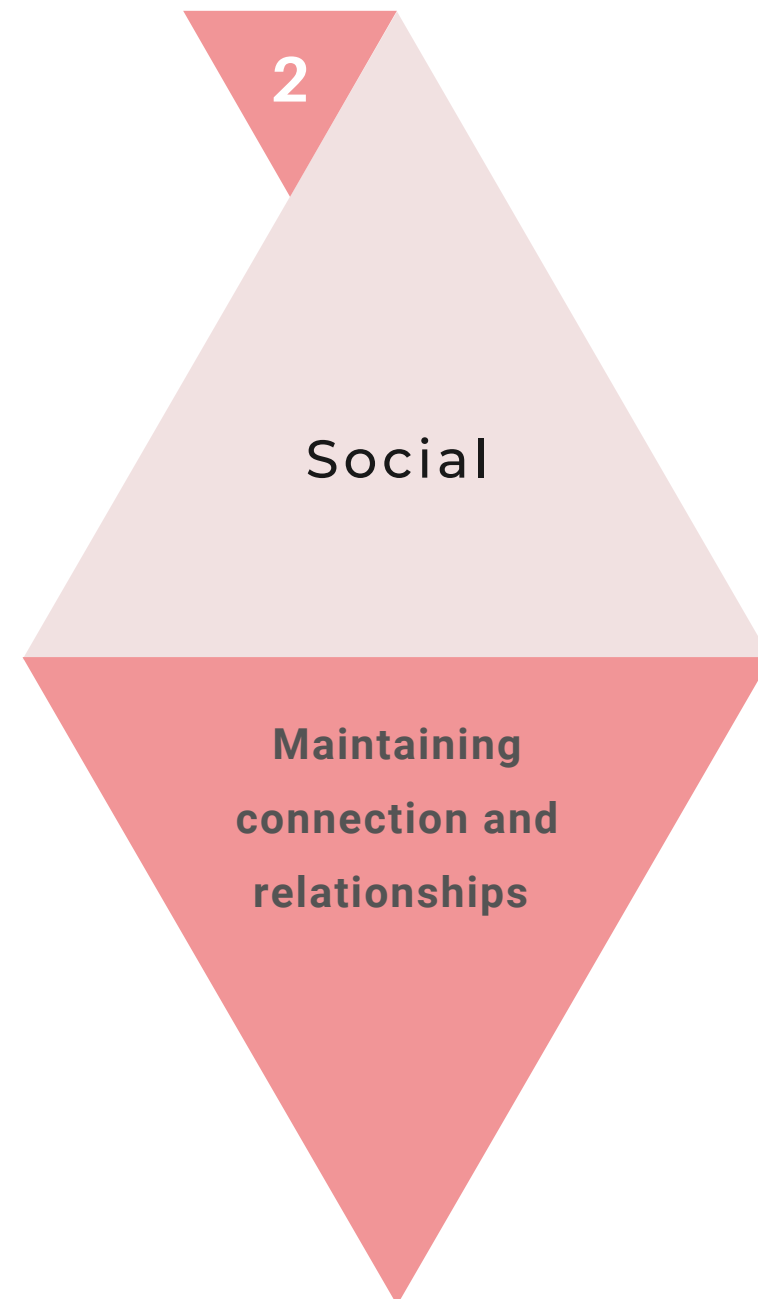
11. Sleep easy

Tips on improving sleep quality and routines.

12. Strengths

Finding your strengths at times of adversity

KITE SUPPORT MODULES FOR SOCIAL WELLBEING AND LEADERSHIP



1. Hear me

How to listen to others during times of stress.

2. Better together

How to connect in your relationship in stressful times.

3. Kids at home

Tips on coping with kid's at home and getting through this challenging period together.
Coming soon

4. Reach out

Building social connection and ways to reach out to others.

5. Coping with isolation

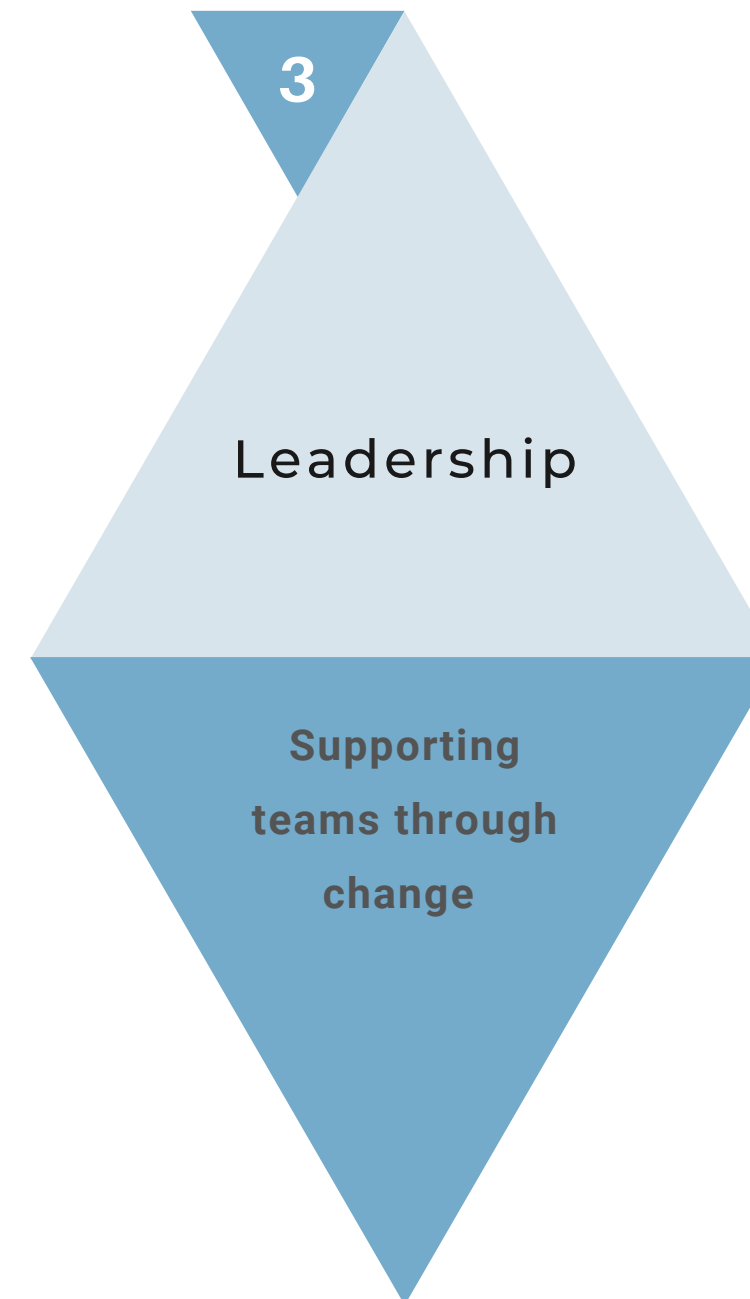
Understanding isolation and strategies to cope.

6. Guilt be gone

To help ease the guilt of being a working parent at home.

7. Notice me

Mental Health Awareness- helping yourself and others.



1. Brave leader

Guidance on how to provide your team great leadership through adversity.

2. Remote manager

Tips to manage a remote workforce.

3. Reframe the change

Elements of change using VUCA.

4. Coping with change

How to lead your team through change and move forward.

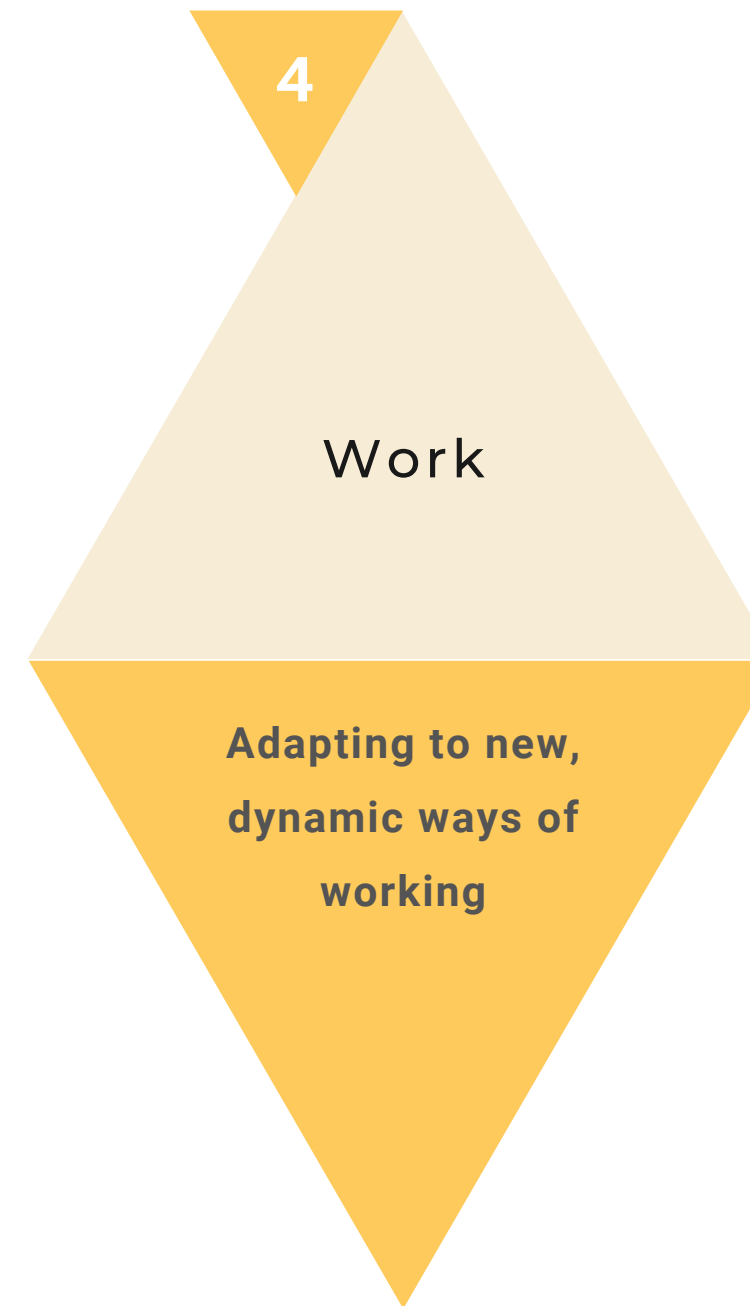
5. Expect this

Assessing and creating new expectations for work. *Coming soon*

6. Lead wellbeing

Becoming a wellbeing leader. *Coming soon*

KITE SUPPORT MODULES FOR WORK



1. Get unstuck

Tips on bringing innovation into your work.

2. Remote worker

Looking at the different facets of working from home and how to navigate them.

3. Conquer boredom

Brain stimulation and puzzles.

4. Re-wire

An interesting look into how our brain chemistry works.

5. Habits for success

Setting yourself up for a successful day.
Coming soon

6. Managing time

How to plan your day when in isolation and juggling other's needs. *Coming soon*

