

THE  
INTIME  
COLLECTIVE

**BUILDING STRONGER**

**WORKPLACES ONE**

**RELATIONSHIP**

**AT A TIME.**





# LET'S TALK

Most people will tell you that having great relationships - inside and outside of the workplace - is what really matters. And yet, despite this realisation, so many of us still find it hard to bond, to network, to stay married, to feel fulfilled. **You see, the truth is, these human problems are business problems.**

**We know that to have a happy, contented and healthy workforce is key to having a productive, profitable and growing business. And, it takes a culture of care to achieve this - the exact type of care you're showing just not by exploring ways to support your people to flourish.**

Do you remember learning to write as a child? It's a skill - and cultivating positive relationships is no different. It is a set of skills that can be learned and fine-tuned with practice over time.

I believe that engaged employees are central to organisational performance, and a person's personal and professional relationships are key to how they show up at work - and in life.

I've combined my passion for wellbeing with decades of experience and education in positive psychology and change management to create programs that build capacity, create meaning and foster greater social connection - because relationships are everything.

We use the latest positive psychology and relationship research to deliver impactful and engaging learning experiences that produce results on day one.

So, if you're committed to helping your workforce to develop and grow - as people, and as employees - the Intime Collective has something for you.

**Your team deserve this. You deserve this.**



**LOUISE GILBERT**

Founder & Director

*Louise Gilbert*

**A HEART  
CAN'T PUMP  
BLOOD WHEN  
IT'S BROKEN.**

**Relationships are a thread that runs through every aspect of our lives.** They impact how we serve our customers, build our teams, lead our people and ultimately, they are what shape our individual and collective social wellbeing.



Think about how it feels when you're not getting along with someone important in your life, and then think about how good it feels when you have supportive people around you who care.

**THESE PRINCIPLES APPLY  
AT HOME AND AT WORK.**

**When employees have strong relationships at home, with their managers and co-workers, the workplace reaps the benefits.**



**8 x**

**HIGHER  
ENGAGEMENT**



**3 x**

**MORE  
PRODUCTIVE**



**64 %**

**OF EMPLOYEES LIKELY TO STAY  
FOR THE NEXT FIVE YEARS**

# GREAT RELATIONSHIPS MAKE US HAPPY AND WELL.

Strong relationships, and importantly, the skills needed to sustain these, underpin how teams work, how leaders serve, how work gets done and how hearts are filled.

We've all heard the saying 'you don't go to work to make friends', but to what extent is that true? The truth is, social connections in the workplace result in better business outcomes:



**FEWER WORKPLACE INJURIES**



**REDUCED SICK LEAVE**



**HIGHER STAFF RETENTION**

(& you'll attract good talent)



**HELP WITH LEARNING AND PERFORMANCE**



**INCREASED MOTIVATION**

# WE'RE BETTER TOGETHER.

The simple truth is, employers who support social connections in the workplace and help employees to form strong relationships help to build a successful workforce.

The Intime Collective teaches individuals, teams and leaders how to build social connection and be better together by equipping them with the practical tools to embrace strong, meaningful and respectful relationships.

We show people how to refocus and fortify their professional, personal and intimate relationships, so they feel more connected to the work they're doing, empowered to deliver and how to enjoy the process.

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**The result = better  
business outcomes**

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# NO COOKIE-CUTTER HERE.

We'll help you reignite connection within your organisation, drive performance and build resilience through personalised, evidence-based and impactful learning solutions that'll leave you smiling (and thriving).

We tailor our workshops to meet the unique needs of your business and work with you to design bespoke programs from the ground up.



**DIGITAL PROGRAMS**



**PROGRAMS: MASTERCLASS SERIES**



**LUNCH AND LEARN SESSIONS**



**CUSTOM-DESIGNED WORKSHOPS**



**1:1 COACHING**



**CONSULTING**

**HERE'S A QUICK SNAPSHOT OF JUST SOME OF  
THE SKILLS PARTICIPANTS WALK AWAY WITH:**



How to build  
quality connections



How to recognise  
your stress language



Managing conflict



How to avoid thinking traps



Techniques to strengthen relationships, overcome  
communication issues and be more assertive



Empathy and understanding  
others' needs



Hacks for building habits



Expressing gratitude and so much more



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Our workshops blend theory, research, storytelling and games, and give participants the knowledge, tools and support for them to implement straight away.

**Talk to us about your needs, and those of your people, to design a workshop solution that's best suited to you.**

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# SOCIAL WELLBEING: **OUR DIGITAL OFFERINGS.**

**Our scalable online programs include series of educational videos, articles and activities encouraging people to take small steps to future proof their relationships and build their social wellbeing.**

We show people how to refocus and fortify their professional, personal and intimate relationships so they feel more connected to the world around them.

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The content is developed to suit your unique needs and those of your people.

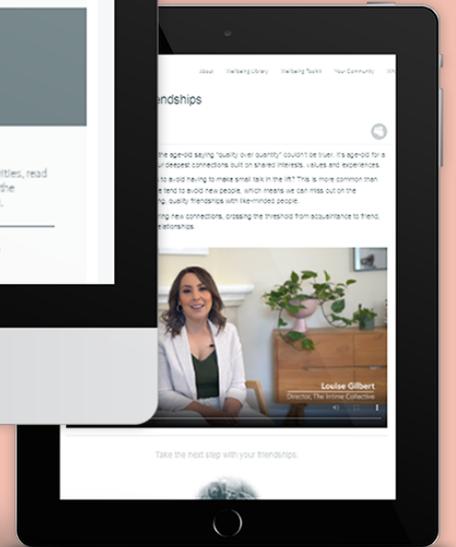
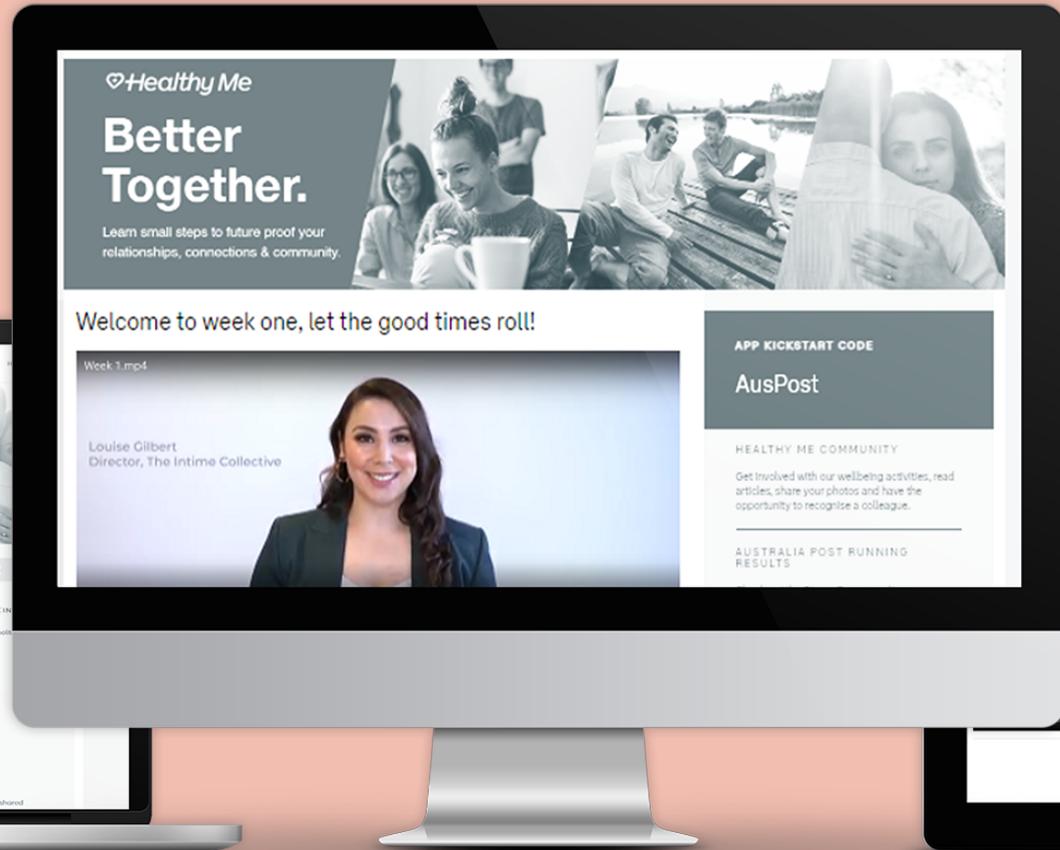
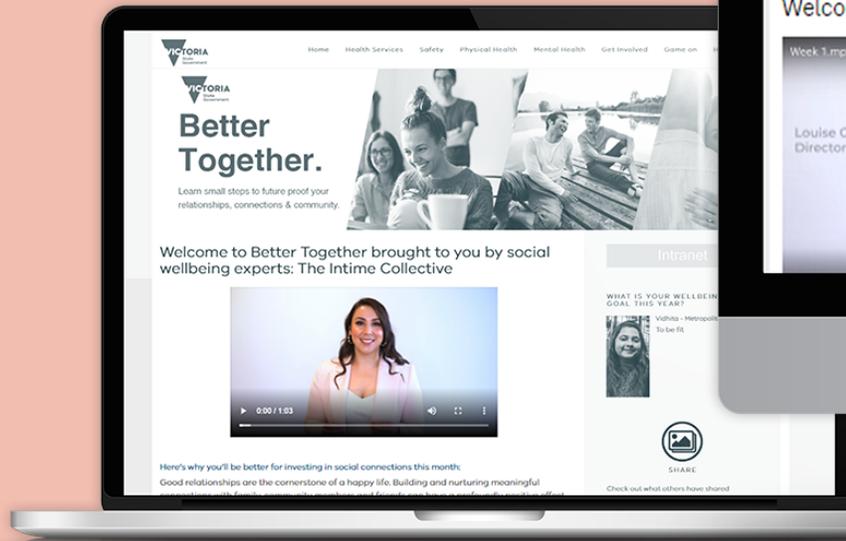
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Our programs are evidence based and practical so everyone can take steps straight away to create change.

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Purchase our ready to use content, upload it to your platform and your people can reap the benefits straight away.

# THE INTIME COLLECTIVE



# TOPICS CURRENTLY

# AVAILABLE.

## MASTERING MOMENTS

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How to reconnect (and your social capital)

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Friendship

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What are bids of connection?

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Positive emotions and social connection

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Find common ground and shared meaning

## BOOSTING CONNECTION

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Play as a pathway to connection

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Celebrate good news

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Choose a positive perspective

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Rituals

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Celebrate the people around you

## FEELING GOOD & DOING WELL

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Kindness

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Best possible relationships

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Savouring

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Gift of time

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Ask appreciative questions

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Prioritise friendships

## BETTER TOGETHER

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High quality connections

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Care and compassion

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The gift of giving

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Trust

# EACH TOPIC

## INCLUDES:

- ✓ 20 x 2-5 minute professionally filmed educational videos
- ✓ 20 Blog style articles
- ✓ 20 Micro actions people can take to make it practical
- ✓ Some topics also include workbooks

Content package inclusive of everything listed for use in perpetuity

**\$8650**  
**+ GST**

# PEOPLE LOVE OUR WORKSHOPS.

**“It was the best webinar I’ve ever attended! There was a great balance of fun and theory behind the psychology. Lots of practical activities for us to do to keep us engaged. I took away a lot from the session that I could implement in my daily life.”**

Lauren Kelinderman,  
Associate Lawyer – Legalite

**“Thank you for a very insightful and enjoyable masterclass – the best I’ve attended to date. Fantastic presentation and some great engagement from participants.”**

Suzette Prins,  
Group Culture and  
Workforce Officer, DELWP

**“Thank you for the fantastic tools you shared. You showed us that despite challenges we can all find a way to move towards our dreams.”**

Marie Joyce (Lacey),  
Founder of Bloom

**“Thank you for an amazing session! I have attended many PD’s and really enjoyed the vibe and connection in this one.”**

Chisholm Institute  
participant

# **EVEN MORE PEOPLE LOVE OUR WORKSHOPS.**

**“A huge thank you for designing and delivering a fantastic RUOK day virtual workshop. Interactive, thought-provoking and fun!”**

DELWP participant

**“I suffered from burnout years ago and no one was talking about it back then and it was taboo. I’m so glad my company decided to run this!”**

Workshop participant

**“I love the way that it is presented, so engaging and informative! Thank so much!”**

Workshop participant

**“The session was good at making me have a look at myself, my behaviours and reactions.”**

Workshop participant

# OUR WORKSHOP PROGRAMS.

PROGRAM #1



**MANAGING  
HOME &  
WORK LIFE**

PROGRAM #2



**SOCIAL  
WELLBEING &  
CONNECTION**

PROGRAM #3



**BETTER TOGETHER  
FOR WORKING  
PARENTS &  
FAMILIES**

PROGRAM #4



**STRONG  
TEAMS,  
STRONG  
RESULTS**



## PROGRAM #1

# HOME & WORK LIFE.

**Learn new skills and unlock greater productivity, continued growth, strengthen mental fitness and make meaningful connections.**

When you complete this series, you'll walk away with a new way of looking at how you can lead the life you want. Let us help you pick the best four modules to suit your needs:

### THIS IS THE SERIES FOR YOU IF:

- ✓ Understand the science of how happiness works
- ✓ Learn the key skills for work-life integration
- ✓ Map your concerns and set your priorities
- ✓ Establish your boundaries
- ✓ Come up with a plan so you can nail the practicalities



## TOPICS COVERED:

Managing the blurring of work and life

Preventing burnout and the practical tools you need to thrive

Reconnecting relationships:  
Communicating & Connecting

Being supportive of others, problem solving & real-life conflict

Building Friendship

Avoiding thinking traps

Goal setting

Motivation & making a habit of using your strengths



## METHOD:

3-4 Sessions delivered virtually or face-to-face via four 60- 90 minute sessions.  
**Pricing from: \$9850**

Suitable for groups at all professional levels



## DON'T JUST TAKE OUR WORDS FOR IT:

**“Feeling more confident in finding harmony between my work and life now - thank you!”**

**“Thank you so much Louise, you are a wonderful presenter. Relaxed, engaging and informative!”**



## PROGRAM #2

# SOCIAL WELLBEING AND CONNECTION.

**The research is clear. The most obvious way to increase wellbeing is through strengthening the bonds you have with people around you.**

Having positive relationships helps to promote healthy behaviour, helps us achieve our goals, fulfill our needs and receive support.

### THIS IS THE SERIES FOR YOU IF:

- ✓ **Want to meaningfully support the social wellbeing of your people which leads to:**
- ✓ Higher life satisfaction
- ✓ Better functioning of the cardiovascular, endocrine, and immune systems
- ✓ Increase in positive emotions
- ✓ Decrease in negative emotions



## TOPICS COVERED:

### 1. Your social wellbeing

- Introduction and review
- The quality of your relationships
- Your social network

### 2. Loneliness, connection and support

- Emotional vs social loneliness
- How to build social connection
- The 4 types of social support

### 3. Getting social

- Building commitment in relationships that matter
- Knowing and communicating what you need
- Mastering social skills



## METHOD:

Delivered virtually or face-to-face via three 60-90-minute sessions.  
**Pricing from: \$9850**

Suitable for groups at all professional levels



## DON'T JUST TAKE OUR WORDS FOR IT:

**“Thank you for an amazing session! I have attended many workshops and really enjoyed the vibe and connection in this one.”**  
**“Thank you for the fantastic tools you shared.”**  
**“The timing of this session was just what I needed.”**

### PROGRAM #3



# BETTER TOGETHER.

# WORKING PARENTS & FAMILIES.

**The changes that people go through in their personal relationships following the birth of a child are profound.** Our flagship program focuses on the elements needed to sustain intimacy and the practical tools working parents can apply to produce greater wellbeing – at home and at work.

Not a parent/carer? No problem.  
We can tailor this program to suit your needs.

#### THIS IS THE SERIES FOR YOU IF:



You're a working parent or you're expecting



You're a leader who wants to better support working parents in a meaningful way as they navigate being a parent and managing the blurring of work, life, career and family relationships.



## TOPICS COVERED:

How to build strong foundations

Connecting and communicating

Creating meaning across work, family and life

Celebrating mums and dads

Dads matter



## TOGETHER, WE'LL HELP YOU:

Build strong relationships using 'Love Maps'

Learn how to sync (not sink) how you parent with your partner and both manage your careers

Apply simple strategies for problem-solving and managing conflict

Define your values and show you how to create meaning in your family

Understand and appreciate the unique roles mums and dads play



## METHOD:

Delivered virtually or face-to-face via four 90-minute sessions.  
**Pricing from: \$9850**

Suitable for groups at all professional levels



## DON'T JUST TAKE OUR WORDS FOR IT:

**“Thank you for the wonderful work you delivered for us in 2021 through the Better Careers & Parenting Program. I have so enjoyed working with you and have valued your skills, expertise and commitment in supporting our people through a challenging second half of the year.”** –Yarra Valley Water



## PROGRAM #4

# STRONG TEAMS, STRONG RESULTS.

**Proactively manage burnout, interpersonal conflict and other drains on team productivity by earning, building and nurturing a sense of trust and belonging.**

In this four-part series, we'll explore what brings people together? What pulls people apart? How can we put our differences aside and just get on with it? This masterclass includes a component of pre-work, diagnostic assessments and 1:1 coaching.

## THIS IS THE SERIES FOR YOU IF:

- ✓ You're a manager or leader who embodies a culture of care
- ✓ You want to help your team to reach their full potential
- ✓ You're a business that doesn't have on-tap access to a HR team



## WHAT DO YOU GET?

Individual and team diagnostic assessments

Insight into your team's opportunities and strengths

A specifically tailored program to build performance based on these insights

Tools to help your team work better together



## METHOD:

Face-to-face – half and full day + extended learning options available.  
**Pricing from \$3450**

Suitable for groups at all professional levels



## DON'T JUST TAKE OUR WORDS FOR IT:

**“It was good to get a better insight into the workings of my team and to where some of our blind spots are. What was really cool was the immediate impact the day had after we left. The conversations were about how we facilitate constant opportunities for feedback to normalise it in our team and across the company and what that looks like.”** – Annette, Participant

YOU'RE  
IN GOOD  
COMPANY.



# LET'S TALK

The Intime Collective's goal is to transform the lives and relationships of your employees for the wellbeing of both their families and their careers.

So, what are you waiting for?  
**Let's connect.**

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THE  
**INTIME**  
**COLLECTIVE**

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