



Connecting the Dots: The Art of Self-Care



Practical self-care that builds resilience, balance, and better work.

Our Values

Thirri Thirri (Willy wagtail) teaches us how to be appealing to others including how we present ourselves to others and how we maintain our appearance. Understanding ourselves supports our ability to navigate our surroundings - making the most of opportunity and connection. Through gratitude, integrity and responsibility, let us show you how.



Best life experiences and services



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The Benefits of Investing in your Team

In today's workplaces, caring for people is key to sustaining performance, focus, and connection. Connecting the Dots: The Art of Self-Care is a practical and empowering workshop designed to help employees understand how everyday self-care contributes to personal wellbeing and professional success.

Through simple, evidence-informed strategies, participants learn how to recharge energy, build emotional resilience, and create healthy boundaries that support balance and productivity. The session offers real tools — not just theory — that help individuals care well for themselves, and in turn, contribute to stronger teams and a more sustainable workplace culture.

By investing in this workshop, employers demonstrate a proactive commitment to creating a safe, caring, and high-performing workplace — one where people feel valued, engaged, and ready to do their best work.

The Process

01

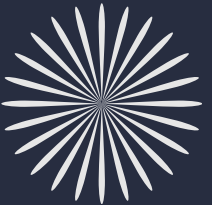
Email us - Book a free consultation with our Community and Cultural Facilitator.

02

Let's fill the gaps - We create a plan to suit your specific workplace needs.

03

Lock it in! We are now ready to deliver our custom designed program to your team at a time that suits you.



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