

Monash University

Workplace Wellbeing Options

Christina Carnie - Holistic Coach & Psychotherapist



Habits That Stick

Christina combines behavioural science with practical habit-building strategies to help individuals create lasting change in how they work and live. In fast-paced environments, habits often default to reactivity, inconsistency, and burnout. This workshop helps participants understand how habits are formed and how to reshape them through small, sustainable shifts. This 60-minute session provides simple, effective tools to build habits that support focus, energy, and long-term wellbeing.



Sleep Better, Live Better

In this 60 minute workshop, Christina shares a simple, science-based approach to improving sleep. After years of struggling with restless nights and low energy, she discovered that better sleep isn't complicated, but it does require the right strategies. You'll learn practical tools to fall asleep faster, stay asleep, and wake feeling restored, while improving your focus, energy, productivity, relationships, and overall sense of self.



Mindfulness At Work

Christina draws on both the science of the body and ancient meditative practices to help individuals stay focused, regulated, and self-aware at work. In this 60-minute workshop, she introduces simple, practical techniques to reduce distraction, ease stress, and support clarity, energy, and sustainable performance in modern work environments.

Monash University

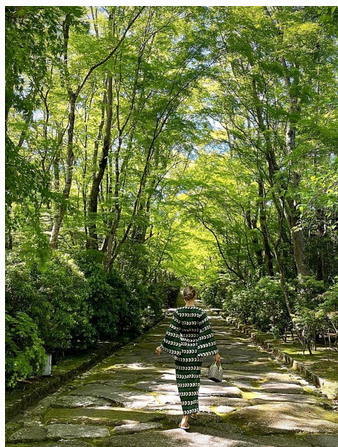
Workplace Wellbeing Options

Christina Carnie - Holistic Coach & Psychotherapist



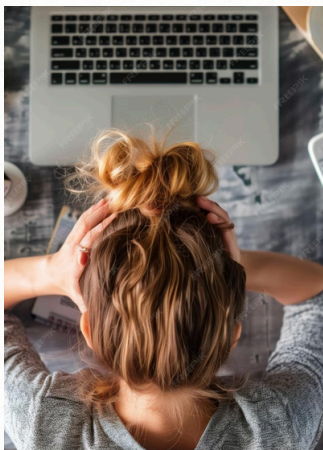
A Guide To Seated Meditation

In this 60-minute session, Christina offers a practical and accessible introduction to seated meditation. Learn how to sit, settle, and reconnect with yourself through a simple, structured practice that fits into modern life. Using relatable insights and clear instruction, the session covers the essentials - from posture and technique to navigating distractions and building consistency, so you can move from feeling overwhelmed to calm, clear, and grounded.



Building A Wellbeing Ecosystem

Explore a new approach to mental health by building your own personal wellbeing ecosystem. Learn how small, consistent practices across mind, body, and daily life can support resilience, clarity, and long-term wellbeing. Walk away with a simple framework to identify what's already working and where you can begin to create more balance and support - one step at a time.



Burnout Reset

Explore what burnout is and how it develops in today's fast-paced work environment. Learn to recognise the three key signs - emotional exhaustion, disconnection, and reduced effectiveness, and what's happening beneath the surface. Discover simple, evidence-informed tools to regulate your system, restore clarity, and feel more steady, focused, and in control.

Monash University

Workplace Wellbeing Options

Christina Carnie - Holistic Coach & Psychotherapist



Chair Yoga : Reset & Refocus

In this 30-minute session, Christina introduces simple chair-based movements and breathwork to release tension, improve posture, and reduce stress. Designed for the workplace, it helps restore focus, energy, and a sense of calm—right from your chair.



Meditation – 30 Min Body Scan

Take a moment to slow down and reconnect with your body through this guided 30-minute body scan meditation. This simple and accessible practice helps you bring awareness to physical sensations, release built-up tension, and gently settle the nervous system. By learning to notice what's happening in your body without judgment, you'll begin to build a stronger mind-body connection, supporting greater calm, clarity, and overall wellbeing.



Values, Clarity & Direction

In this reflective and practical session, explore how your personal values shape the way you think, behave, and make decisions. When you're disconnected from what truly matters, it's easy to fall into patterns that lead to stress, burnout, and misalignment. You'll be guided through a simple process to identify your core values and begin aligning your daily actions—so you can feel more clear, grounded, and in control.