



Energy Club of WA Training Calendar

January – June 2022

Cloisters, Level 1, 863 Hay Street, Perth, Western Australia 6000

Telephone 08 9218 9059 hello@ati-mirage.com.au

www.ati-mirage.com.au

ATI-Mirage is 100% Western Australian owned and operated.
Partnering with ATI-Mirage is buying local.

30 years of experience with more than 200,000 happy customers.

All our training is backed by our 100% quality guarantee.

We are open for business for virtual and in-person programs.



	Jan	Feb	Mar	Apr	May	Jun	GST Free	EC
Microsoft Access								
Access Introduction*		15		13	31		\$410	\$369
Access Intermediate*		16		14		8	\$410	\$369
Access Advanced*	24		10		19		\$450	\$405
Adobe								
Adobe Acrobat DC Essentials	21		22		25		\$450	\$405
Adobe Acrobat DC — Form Design and Integration		7		6		1	\$450	\$405
Adobe InDesign CC	27-28		15-16		19-20		\$890	\$801
Articulate								
Articulate Rise*		21		11		10	\$600	\$540
Articulate Storyline Advanced*	25		21		16		\$700	\$630
Articulate Storyline — The Essentials*	11-12	2-3	14-15	20-21	3-4	7-8	\$1250	\$1125
Microsoft Excel								
Excel Introduction*	6, 18	4, 16	4, 23	7, 19	5	10, 21	\$410	\$369
Excel Intermediate*	7, 19	7, 17	8, 24	8, 20	6, 18	14, 22	\$410	\$369
Excel Advanced*	24-25	22-23	17-18	21-22	30-31	29-30	\$890	\$801
Excel Analysing Data using Power Query*		8		14		24	\$600	\$540
Excel Charts and Macros — $\frac{1}{2}$ Day*		14		28		7	\$295	\$265.50
Excel Formulas and Functions*	18		11		3		\$450	\$405
Excel Organise Worksheet Data — $\frac{1}{2}$ Day*		14		28		7	\$295	\$265.50
Excel Pivot Tables/Pivot Charts — ½ Day*	10		15		12		\$295	\$265.50
Excel VBA		1-2		20-21		9-10	\$970	\$873
Microsoft Forms								
Microsoft 365 Forms — The Essentials — $\frac{1}{2}$ Day*	20		18		27		\$295	\$265.50
Microsoft Lists								
Lists for End Users		24	22		3	8	\$600	\$540
Microsoft 365								
Microsoft 365 for Business	10	25	10	14	17	9	\$450	\$405
OneNote								
OneNote Paperless Office*	17	21	11	26	26	21	\$450	\$405
Other Courses							7.22	7
Introduction to Computers — ½ Day		11		22		16	\$280	\$252
Learn to Touch Type — ½ Day		11		22		16	\$280	\$252
Microsoft Outlook		.,					7200	ŲLJL.
Outlook*	20		21		6		\$410	\$369
Tame Your Inbox — ½ Day	25	21	9	27	30	16	\$390+	\$351+
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	Jan	Feb	Mar	Apr	May	Jun	GST Free	EC
Microsoft Planner								
Microsoft Planner, To Do and Teams Approval — $1/2$ Day			22			21	\$295	\$265.50
Microsoft Power Apps								
Introduction to Power Apps*	18	10	1	5	12	7	\$600	\$540
Microsoft Power Automate								
Introduction to Power Automate (Flow) $-\frac{1}{2}$ Day*		2	16	12	26	23	\$305	\$274.50
Microsoft Power BI								
Power BI (Business Intelligence) — The Essentials*	11-12	14-15	24-25	27-28	9-10	14-15	\$1250	\$1125
Power BI — Creating Performance Measures using DAX		24-25	28-29	25-26	17-18	27-28	\$1250	\$1125
Power BI — Data Modelling and Transformations		17	15	13	25	22	\$700	\$630
Microsoft PowerPoint								
Creating PowerPoints with Impact*	31		29		23		\$410	\$369
Microsoft Project								
Project Introduction*	12	8	8	12	13	14	\$450	\$405
Project Intermediate*	13	9	9	13	16	15	\$490	\$441
Project Advanced*		18		6		17	\$490	\$441
Project for Schedulers — Fundamental or Specialist	7	đ	7	7	ক	đ	POA	POA
Microsoft SharePoint								
SharePoint End Users*	6	17	16	22	10	24	\$490	\$441
SharePoint Site Owner	27-28		17-18	26-27	19-20	27-28	\$970	\$873
Microsoft Sway								
Microsoft Sway — The Essentials — $\frac{1}{2}$ Day	19	18	25	26	24	24	\$295	\$265.50
Microsoft Teams								
Microsoft Teams — ½ Day*	20		18		27		\$295	\$265.50
BB0 f- 370 0								
Microsoft Visio								
Microsoft Visio Visio*	24	15	4	19	9	23	\$450	\$405
	24	15	4	19	9	23	\$450	\$405
Visio* Microsoft Word Creating Forms in Word — ½ Day*	~	ক	7	19 2	9	23	POA	POA
Visio* Microsoft Word Creating Forms in Word — ½ Day* Word Introduction*	a	ច 9	ច 2	ক 14	ទ	ច]	POA \$410	POA \$369
Visio* Microsoft Word Creating Forms in Word $-\frac{1}{2}$ Day* Word Introduction* Word Intermediate*	~	ទ 9 10	7	6 14 19	~	ទ 1 2	POA \$410 \$410	POA \$369 \$369
Visio* Microsoft Word Creating Forms in Word — ½ Day* Word Introduction* Word Intermediate* Word Advanced*	a	9 10 28	ច 2	14 19 29	ទ	ፍ 1 2 9	POA \$410 \$410 \$450	POA \$369 \$369 \$405
Visio* Microsoft Word Creating Forms in Word — ½ Day* Word Introduction* Word Intermediate* Word Advanced* Word — Templates and Styles — ½ Day*	a	9 10 28 23	ច 2	14 19 29 27	ទ	1 2 9 28	POA \$410 \$410 \$450 \$295	POA \$369 \$369 \$405 \$265.50
Visio* Microsoft Word Creating Forms in Word — ½ Day* Word Introduction* Word Intermediate* Word Advanced*	a	9 10 28	ច 2	14 19 29	ទ 4	ፍ 1 2 9	POA \$410 \$410 \$450	POA \$369 \$369 \$405

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STEP 1: Select your course STEP 2: Select a date STEP 3: Book at www.ati-mirage.com.au

Communication Communication Skills (with Extended DiSC®)* Conflict to Cooperation* Developing Self Confidence and Assertiveness Skills* Develop Your Emotional Intelligence* How to Overcome Your Fear of Public Speaking Introduction to Business Writing — Fundamentals and Drinciples to write more professionally* Leading Effective Meetings — ½ Day* Effective Minute Taking — ½ Day* Regotiation and Influencing Skills* Chinking and Speaking off the Cuff Writing for Government — Including Ministerials and Briefing Notes Writing Reports and Business Cases* Customer Create a Great Customer Experience — ½ Day Continuous Process Improvement Customer Service Excellence* Dealing with Difficult Customers — ½ Day* Telephone Techniques — ½ Day* Job / Recruitment Lob Application and Interview Skills*	10 24 12 19 21 31 21 25	Feb 14 24 1 22 28 10 10 25 23 8 14 7 23 17 4	21 29 21 9 31 28	19 28 20 13 29 7 7 21 6 6 14 5 26 8	31 25 5 16 18	22 17 27 8 1 9 10 10 16 10 15 2	+ GST \$695+ \$550+ \$550+ \$550+ \$550+ \$390+ \$550+ \$550+ \$550+ \$550+	\$625.50 \$495 \$495 \$495 \$495 \$351 \$495 \$495 \$495 \$495
Communication Skills (with Extended DiSC®)* Conflict to Cooperation* Developing Self Confidence and Assertiveness Skills* Develop Your Emotional Intelligence* How to Overcome Your Fear of Public Speaking Introduction to Business Writing — Fundamentals and principles to write more professionally* Leading Effective Meetings — ½ Day* Effective Minute Taking — ½ Day* Regotiation and Influencing Skills* Thinking and Speaking off the Cuff Writing for Government — Including Ministerials and Briefing Notes Writing Reports and Business Cases* Customer Create a Great Customer Experience — ½ Day Continuous Process Improvement Customer Service Excellence* Dealing with Difficult Customers — ½ Day* Telephone Techniques — ½ Day* Job / Recruitment	24 12 19 21 31 21 25	24 1 22 28 10 10 25 23 8 14 7 23 17	29 21 9 31 28	28 20 13 29 7 7 21 6 6 14	25 5 16 18	17 27 8 1 9 10 10 16 10 15 2	\$550+ \$550+ \$550+ \$550+ \$550+ \$390+ \$550+ \$550+ \$550+ \$390+	\$49. \$49. \$49. \$49. \$35. \$35. \$49. \$49. \$49.
Conflict to Cooperation* Developing Self Confidence and Assertiveness Skills* Develop Your Emotional Intelligence* How to Overcome Your Fear of Public Speaking Introduction to Business Writing — Fundamentals and principles to write more professionally* Leading Effective Meetings — ½ Day* Effective Minute Taking — ½ Day* Negotiation and Influencing Skills* Chinking and Speaking off the Cuff Writing for Government — Including Ministerials and Briefing Notes Writing Reports and Business Cases* Customer Create a Great Customer Experience — ½ Day Continuous Process Improvement Customer Service Excellence* Dealing with Difficult Customers — ½ Day* Telephone Techniques — ½ Day* Job / Recruitment	24 12 19 21 31 21 25	24 1 22 28 10 10 25 23 8 14 7 23 17	29 21 9 31 28	28 20 13 29 7 7 21 6 6 14	25 5 16 18	17 27 8 1 9 10 10 16 10 15 2	\$550+ \$550+ \$550+ \$550+ \$550+ \$390+ \$550+ \$550+ \$550+ \$390+	\$49. \$49. \$49. \$49. \$35. \$35. \$49. \$49. \$49.
Developing Self Confidence and Assertiveness Skills* Develop Your Emotional Intelligence* How to Overcome Your Fear of Public Speaking Introduction to Business Writing — Fundamentals and Diriciples to write more professionally* Leading Effective Meetings — ½ Day* Effective Minute Taking — ½ Day* Regotiation and Influencing Skills* Thinking and Speaking off the Cuff Writing for Government — Including Ministerials and Briefing Notes Writing Reports and Business Cases* Customer Create a Great Customer Experience — ½ Day Continuous Process Improvement Customer Service Excellence* Dealing with Difficult Customers — ½ Day* Telephone Techniques — ½ Day* Job / Recruitment	12 19 21 31 21 25	28 10 10 25 23 8 14 7	21 9 31 28	20 13 29 7 7 21 6 6 14	5 16 18	27 8 1 9 10 10 16 10 15 2	\$550+ \$550+ \$550+ \$550+ \$390+ \$550+ \$550+ \$550+ \$550+ \$390+	\$49 \$49 \$49 \$35 \$35 \$49 \$49 \$49 \$49
Develop Your Emotional Intelligence* How to Overcome Your Fear of Public Speaking Introduction to Business Writing — Fundamentals and principles to write more professionally* Leading Effective Meetings — ½ Day* Effective Minute Taking — ½ Day* Negotiation and Influencing Skills* Thinking and Speaking off the Cuff Writing for Government — Including Ministerials and Briefing Notes Writing Reports and Business Cases* Customer Create a Great Customer Experience — ½ Day Continuous Process Improvement Customer Service Excellence* Dealing with Difficult Customers — ½ Day* Telephone Techniques — ½ Day* Job / Recruitment	19 21 31 21 25	22 28 10 10 25 23 8 14 7 23 17	9 31 28 18 15	13 29 7 7 21 6 6 14	16	8 1 9 10 10 16 10 15 2	\$550+ \$550+ \$550+ \$390+ \$550+ \$550+ \$550+ \$390+	\$49 \$49 \$35 \$35 \$49 \$49 \$49 \$49
How to Overcome Your Fear of Public Speaking Introduction to Business Writing — Fundamentals and principles to write more professionally* Leading Effective Meetings — ½ Day* Leading Effective Meetings — ½ Day* Negotiation and Influencing Skills* Thinking and Speaking off the Cuff Writing for Government — Including Ministerials and Briefing Notes Writing Reports and Business Cases* Customer Create a Great Customer Experience — ½ Day Continuous Process Improvement Customer Service Excellence* Dealing with Difficult Customers — ½ Day* Telephone Techniques — ½ Day* Job / Recruitment	19 21 31 21 25	28 10 10 25 23 8 14 7 23 17	9 31 28 18 15	29 7 7 21 6 6 14	16	1 9 10 10 16 10 15 2	\$550+ \$550+ \$390+ \$390+ \$550+ \$550+ \$550+ \$390+	\$49 \$49 \$35 \$35 \$49 \$49 \$49 \$49
Introduction to Business Writing — Fundamentals and principles to write more professionally* Leading Effective Meetings — ½ Day* Effective Minute Taking — ½ Day* Negotiation and Influencing Skills* Thinking and Speaking off the Cuff Writing for Government — Including Ministerials and Briefing Notes Writing Reports and Business Cases* Customer Create a Great Customer Experience — ½ Day Continuous Process Improvement Customer Service Excellence* Dealing with Difficult Customers — ½ Day* Telephone Techniques — ½ Day* Job / Recruitment	21 31 21 25	10 10 25 23 8 14 7 23 17	28 18 15	7 7 21 6 6 14	9	9 10 10 16 10 15 2	\$550+ \$390+ \$390+ \$550+ \$550+ \$550+ \$390+	\$49 \$35 \$35 \$49 \$49 \$49 \$49
Leading Effective Meetings — ½ Day* Effective Minute Taking — ½ Day* Negotiation and Influencing Skills* Thinking and Speaking off the Cuff Writing for Government — Including Ministerials and Briefing Notes Writing Reports and Business Cases* Customer Create a Great Customer Experience — ½ Day Continuous Process Improvement Customer Service Excellence* Dealing with Difficult Customers — ½ Day* Telephone Techniques — ½ Day* Job / Recruitment	31 21 25	10 25 23 8 14 7 23 17	18 15	7 21 6 6 14 5	9	10 16 10 15 2	\$390+ \$550+ \$550+ \$550+ \$550+ \$390+	\$35 \$49 \$49 \$49 \$49
Effective Minute Taking — ½ Day* Negotiation and Influencing Skills* Thinking and Speaking off the Cuff Writing for Government — Including Ministerials and Briefing Notes Writing Reports and Business Cases* Customer Create a Great Customer Experience — ½ Day Continuous Process Improvement Customer Service Excellence* Dealing with Difficult Customers — ½ Day* Telephone Techniques — ½ Day* Job / Recruitment	31 21 25	25 23 8 14 7 23 17	18 15	21 6 6 14 5	9	16 10 15 2	\$390+ \$550+ \$550+ \$550+ \$550+ \$390+	\$49 \$49 \$49 \$49 \$35
Negotiation and Influencing Skills* Thinking and Speaking off the Cuff Writing for Government — Including Ministerials and Briefing Notes Writing Reports and Business Cases* Customer Create a Great Customer Experience — ½ Day Continuous Process Improvement Customer Service Excellence* Dealing with Difficult Customers — ½ Day* Telephone Techniques — ½ Day* Job / Recruitment	31 21 25	23 8 14 7 23 17	18 15	6 6 14 5	9	10 15 2 3	\$550+ \$550+ \$550+ \$390+	\$49 \$49 \$49 \$35
Writing for Government — Including Ministerials and Briefing Notes Writing Reports and Business Cases* Customer Create a Great Customer Experience — ½ Day Continuous Process Improvement Customer Service Excellence* Dealing with Difficult Customers — ½ Day* Telephone Techniques — ½ Day* Job / Recruitment	21 25	8 14 7 23 17	15	6 14 5		15 2 3	\$550+ \$550+ \$390+	\$49 \$49 \$35
Ariting Reports and Business Cases* Customer Create a Great Customer Experience — ½ Day Continuous Process Improvement Customer Service Excellence* Dealing with Difficult Customers — ½ Day* Telephone Techniques — ½ Day* Job / Recruitment	21 25	7 23 17	15	5 26		3	\$550+ \$390+	\$49
Create a Great Customer Experience — ½ Day Continuous Process Improvement Customer Service Excellence* Dealing with Difficult Customers — ½ Day* Telephone Techniques — ½ Day* Job / Recruitment	21 25	7 23 17	15	5 26		3	\$390+	\$35
Create a Great Customer Experience — ½ Day Continuous Process Improvement Customer Service Excellence* Dealing with Difficult Customers — ½ Day* Gelephone Techniques — ½ Day* Job / Recruitment	21 25	23 17	15	26			•	·
Continuous Process Improvement Customer Service Excellence* Dealing with Difficult Customers — ½ Day* Telephone Techniques — ½ Day* Job / Recruitment	21 25	23 17	15	26			•	·
Continuous Process Improvement Customer Service Excellence* Dealing with Difficult Customers — ½ Day* Telephone Techniques — ½ Day* Job / Recruitment	21 25	17	15	26			•	·
Customer Service Excellence* Dealing with Difficult Customers — ½ Day* Telephone Techniques — ½ Day* Job / Recruitment	21 25	17	15			14		
Telephone Techniques — ½ Day* Job / Recruitment			14	8			\$550+	\$49
Job / Recruitment	11	4		9	10	17	\$390+	\$35
	11			1		10	\$390+	\$35
	11							
AND ANDREUMON UND THIEFVIEW SKIRS"		22	17	7	3	7	\$550+	\$49
lob Application Skills — ½ Day*	11	22	17	7	3	7	\$390+	\$35
lob Interview Skills — ½ Day*	11	22	17	7	3	7	\$390+	\$35
Recruitment, Selection and Onboarding	18		8	,	10	•	\$550+	\$49
Leadership							40001	***
Coaching for Performance — ½ Day*		25		28		27	\$390+	\$35
Creating a Great Workplace Culture — $\frac{1}{2}$ Day	28	23	18	20	24	Li	\$390+	\$35
Creative Problem Solving — $\frac{1}{2}$ Day*	20	16	10	4	21	9	\$390+	\$35
Critical Thinking and Decision Making — $\frac{1}{2}$ Day*		16		4		9	\$390+	\$35
Data Driven Culture — ½ Day		23		27		29	\$390+	\$35
·	17-18	20	15-16	Σ,	26-27	2,	\$990+	\$89
eading and Communicating Change*	14		9		11		\$550+	\$49
eading Effective Meetings — ½ Day*		10	,	7	''	10	\$390+	\$35
eading Hybrid Work Teams — ½ Day*	28		18	,	24		\$390+	\$35
Leading Me, Leading Others (Extended DISC®)	20	23-24		11-12		2-3	\$1195+	
	31-1	8-9	17-18	11-12	16-17	29-30	\$990+	\$89
Mastering Delegation — ½ Day*		25	., .,	28		27	\$390+	\$35
	19-20	28-29			12-13		\$990+	\$89
Recruitment, Selection and Onboarding	18		8		10		\$550+	\$49
Strategic Planning and Execution	, ,	11		5		8	\$550+	\$49
Supervisor Toolkit*	27	25	24	21	12	21	\$550+	\$49
Leadership Week								·
Quarterly Leadership Program			21-25			20-24		
Project			21 23			20 24		
Continuous Process Improvement	31		18		9		\$550+	\$49
PRINCE2® Foundation and Practitioner			21-25		16-20		\$3400+	\$340
PRINCE2® Foundation			21-23		16-18		\$1900+	\$190
PRINCE2® Practitioner			24-25		19-20		\$1500+	\$150
Project Management	19-20	28-29			12-13		\$990+	\$89
Safety								
eading WHS for Supervisors and Managers		15		13		24	\$550+	\$49
Safety and Health Representatives		14-18	28-1	10	2-6	27-1	\$950	\$9
Safety and Health Representatives Refresher		14-15	28-29		2-3	27-28	\$490	\$4

	Jan	Feb	Mar	Apr	May	Jun	+ GST	EC
Time / Productivity								
Boost Your Productivity — $1/2$ Day*	25	21	9	27	30	16	\$390+	\$351+
Continuous Process Improvement	31		18		9		\$550+	\$495+
Mastering Delegation — $1/2$ Day*		25		28		27	\$390+	\$351+
Tame Your Inbox — $1/2$ Day	25	21	9	27	30	16	\$390+	\$351+
Time Management Simplified*	13	11	4	11	10	24	\$550+	\$495+

Wellbeing Train	ning							
	Jan	Feb	Mar	Apr	May	Jun	+ GST	EC
Develop Your Emotional Intelligence*	12	22	21	13	5	8	\$550+	\$495+
Developing Self Confidence and Assertiveness Skills *		1		20		27	\$550+	\$495+
Manage Stress, Build Resilience*	20	18	10	14	17	22	\$550+	\$495+
Mindfulness @ Work — $\frac{1}{2}$ Day*	17	9	4	28	18	2	\$390+	\$351+



Ask us about

Along with our scheduled workshops, we can upskill your team (on our premises or yours, or in our virtual classroom) on any of the following courses which are available exclusively for group training.

Accountable and Ethical Decision Making
Accountable and Ethical Decision Making Refresher
Business Acumen
Cert. IV in Project Management Practice
Contract Management
Developing a Business Case
Developing Effective Policies and Procedures
Presentation Skills — for Impact and Persuasion
PRINCE2 Agile® Foundation
PRINCE2 Agile® Practitioner
Professional Workplace Behaviours
Stakeholder Engagement for Projects: Creating the right plan
Stakeholder Engagement for Projects: Managing difficult

Stakeholder Engagement for Projects: Negotiating needs to action

Group BYTES — bite size short & focussed learning

Communicating with Impact — success with key messaging

Declutter and Organise Your Time, Tasks and Things (Work and Home)

Finish What You Start — 8 Ways to Tackle Procrastination

How to Stress Less

Team Effectiveness

Working with Different Personality Styles

Call us for a targeted program

Graduate Program

Leadership Development

Team Development



behaviours to stay on track

Consulting Services

Professional Development Consulting

ATI-Mirage are experts in providing Professional Development and Wellness strategy, training, and coaching solutions. In this ever-changing hybrid working environment, ATI-Mirage can help your organisation with change management, leadership development, organisation strategy and value, team building, employee engagement and more...

We have a range of profiling tools, techniques and frameworks to assist organisations, teams and individuals get results and thrive.

Call us for profiles and diagnostics, such as: Extended DiSC Communication, Extended DiSC Leadership, Remote Worker Assessment, Korn Ferry, LSI, Social & Emotional Intelligence, HDBM1 and more...

IT Consulting Services

ATI-Mirage are the leaders in WA for delivering IT consulting solutions. The team at ATI-Mirage understand the need organisations have to capitalise on their IT investment, they will help you unlock its true potential. We offer our IT expertise to help you find solutions to streamline your business processes and improve how your organisation operates in today's digital workplace.

5 reasons to use ATI-Mirage

- 1. 100% Western Australian owned and operated
- 2. 30 years of experience training over 200,000 happy customers
- 3. 100% quality guarantee
- 4. Complimentary post training help desk
- 5. Perth's best facilitators and trainers in a vibrant CBD training centre (and the best tech for virtual training)

+ plus GST.

Dates are subject to change, please check our website for latest training dates.

Hybrid work teams

Hybrid work teams are here to stay so here are some tips to help you maximise this opportunity.

5 Things we know about hybrid work teams

- 1. People prefer choice. The majority of people surveyed at our Hybrid Workplace of the Future Summit preferred a combination of working from home and from their office.
- 2. Remote work can be positive, and it is not for everyone.
- 3. Relationships matter.
- 4. People need the tech tools and resources to equally contribute from anywhere.
- 5. It's time to work differently and to lead differently.

Tips

- Set agreed working ground rules and team rituals.
- Maximise collaboration. Utilise asynchronous collaboration the exchange of ideas/knowledge
 and interaction among people as schedules permit rather than connecting both the sender and
 receiver in real time. Asynchronous collaboration can lead to deep and focused work due to the
 gaps between communication. Set agreed working ground rules and team rituals.
- Know your strength and development areas for remote work based on your natural work style.
 ATI-Mirage's Remote Worker Assessment can assist with this.
- Refine communication skills including camera skills to keep people engaged in virtual meetings.
- Make goals and progress 100% visible with Microsoft Teams and Planner:
 - 1. Open Teams and navigate to the Teams channel that you would like to add Planner to
 - 2. Click the + add a tab button and select Tasks by Planner and To Do
 - 3. Select the option to create a new plan, give your plan a name and start assigning tasks.
- Use Outlook to forward emails to any Microsoft Teams channel. To do this, look for the ellipsis
 (three dots) next to the channel name and click on Get email address. Once an email is part of a
 channel, anyone can reply to it to start a conversation.
- Use the Microsoft Viva Insights app in Microsoft Teams this provides personalised recommendations that help you do your best work. Get insights for building better work habits. There are great wellbeing resources like guided meditations from Headspace, breathing breaks and quick reflection checks. To add Microsoft Viva Insights:
 - 1. Open Microsoft Teams on the web or in a desktop app.
 - 2. At the bottom of the Microsoft Teams app bar (on the left), select Apps.
 - 3. In the search field under Apps, type Microsoft Viva Insights.
 - 4. Select Insights app, then select Add.







