



WORKSHOPS AND EVENTS



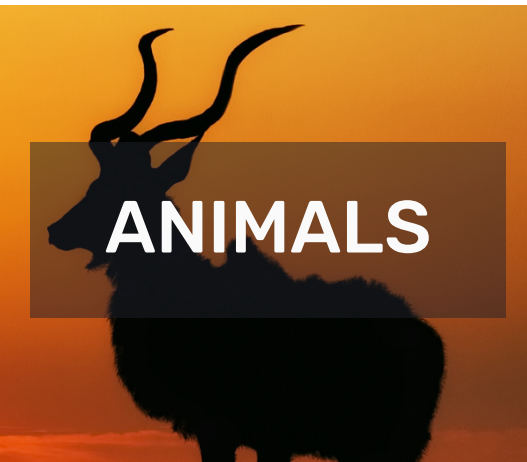
BESPOKE WORKSHOPS AND EVENTS

We know the challenges of taking care of ourselves while giving care to others. We understand your commitment and desire to be at your best to achieve excellence in animal care and welfare, species and habitat conservation, and the compassionate care of all people.

We collaborate with zoos, aquariums, sanctuaries, and all other facilities where animals are in human care to support our collective goals of optimal human and animal wellbeing, conservation, engagement, and research. Our bespoke 1 or multi-day workshops allow you to select the topics that are most important to you and your organisation, creating a bespoke program and a unique experience suited for your animals, your staff, and your mission.

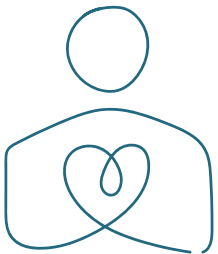


EXPLORE SOME OF OUR WORKSHOP TOPICS AND OPTIONS



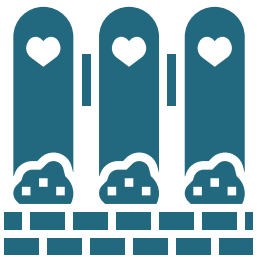
Individual, team, leadership, & organisational wellbeing

Individual, team, leadership, and organisational aspects of human wellbeing in zoos and aquariums, covering different approaches to working together for a purpose.



A culture of care

Compassion, love, and empathy in the workplace revolves around a sense of belonging, feeling respected, supported and cared for. We are better together, moving from HR to Human Value/Humanity Required, and assist in creating a culture of belonging and empowerment.



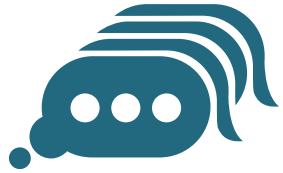
Boundaries

Sometimes boundaries can be almost absent, while other times a clear line needs to be drawn in the sand. Understanding the boundaries that you need are necessary to your wellbeing. Explore boundaries and how they relate to other topics such as habits and energy management.



Compassion awareness

Caring for and about other animals, as well as saving species and wild places, is seen as a calling for most. Our experiences can range from joys to sorrows; here, we cover human wellbeing terminology and the importance of compassion for ourselves and others.



Conversations and collaborations

"Is it kind, is it helpful, is it supportive?" This presentation will share insights on how our conversations and collaborations can become not only more open, respectful, and focused on purpose, but also more joyful and transparent if we tune in on how we show up day to day.



Your favourite day

Imagine what your favourite day looks like. We all have many beings and things competing for our time, energy, and attention; this workshop invites you to create your favourite day, week, month, year, with small steps every day to help you feel good while doing good.



Energy management

Managing your energy helps you manage your time. Explore what gives you energy and what doesn't, and share tools to help you manage your energy throughout the day and create a steady flow of energy.



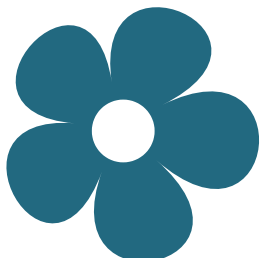
Habits

We all have habits, but not all of them are ones we want. Think about how you can make small changes which over time compound to bigger positive changes, and build habits that support energy management, kind conversations, and more.



I SEE YOU

Who are you? What matters to you? How can I enrich your life today? What happened to you? What do you need to flourish? Whether easy or very hard, connecting compassionately with others of all kinds bringing your heart, mind, and soul, and feeling well while doing good.



Mourning and celebrating animals

Those of us who work with animals know the joys and pain that can come with bonding closely with individuals. Explore human and animal wellbeing during end of life care, and compassionate ways we can celebrate the lives of animals we have loved and care for each other.

All the things

To succeed with the goals we set out we need to have an overview of all the things and how everything interacts with each other, and what is needed to support good human wellbeing in the workplace. Different tools and resources are necessary to map out, monitor and adjust to stay on purpose and for people to feel good while doing good.

Grief

Grief is a natural response to loss and the emotional suffering you feel when something or someone you love is taken away. There's no right or wrong way to grieve and a personal process. Grief is sometimes said to be love which has no place to go. Learn more on how to support yourself in the grieving process.

Staying grounded & centred

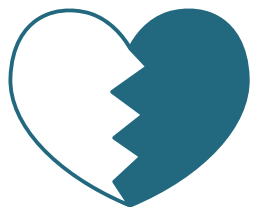
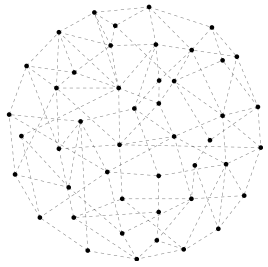
Our professions often require a demanding pace. Learning how we can reset and meaningfully recalibrate throughout our day is key. Self-awareness and tuning into our needs are fundamental to preserving these abilities using a variety of effective strategies.

Moral distress

Moral distress happens when we know what the 'right thing' to do is but we are unable to act on it. Rules, policies, or gaps in resources can prevent the provision of diverse support which can result in unhappiness, frustration, and scorn. Learn to recognise and address moral distress.

Empathic strain

Your ability to relate to others can be negatively affected due to prolonged stress, constant change and exposure to suffering and loss. Learn to recognise signs and symptoms of empathic strain, including a check-in process and warning system to track depletion and implement preventative strategies.



Science and practice of environmental enrichment

Environmental enrichment is an important aspect of animal care, providing animals with a variety of behavioural opportunities and cognitive challenges. In this workshop we will explore the science and the practice of enrichment for animals, including the frameworks for planning and evaluating enrichment strategies, and creating effective enrichment that is the “sprinkles on top” of an enriching habitat.

Animals as agents of their lives

All animals are living beings with their own needs, preferences, and feelings about what and when and where they want to be doing things. To ensure animals are given opportunities to experience optimised emotional states, we can explore ways of giving agency back to animals living in human care and allowing them to care for themselves independently.

24/7 across lifespan workshop

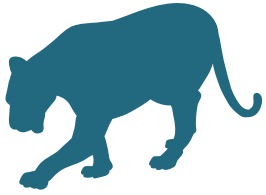
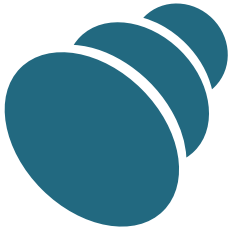
While caregivers may only spend 8 to 9 hours of the day providing direct care to the various animals they work with, animals are experiencing their lives from a 24-hour perspective. Explore the different aspects of animal wellbeing that are important 24-hours a day, 7 days a week, throughout the animals lifespan.

Animal learning and training

Animals are always learning, whether we are aware of it or not. We can formally train them using positive reinforcement methods, but we must also be aware of the informal training that happens as they experience their daily care and interactions with people. Explore effective, ethical, and positive training from a formal and informal perspective, and how animals can be provided agency, choice, and control through training.

Human-animal interactions

Humans and animals interact in a variety of capacities within animal care facilities, whether it be informally during their care, formally in training sessions, interactions with visitors, part of research and data collection, veterinary checks and procedures, and a variety of other interactions. It is essential all interactions with humans are positive from the perspective of the animal.





Common sense

Science, ethics, risk assessments, and other approaches to understanding and supporting animals to being agents of their own life are all important. However, an underused and under-appreciated approach is common sense. Let's explore the question, "how do we use common sense meaningfully?"



Smiling eyes: Day to day caring for animals

When caring for animals we use many different aspects to understand their everyday wellbeing, such as behaviour, physical, sounds, and habitat. How do we tune in to what animals are telling us and collaborate for optimal animal wellbeing?



Animal welfare science & practice

Developing, reviewing, and expanding animal care and well-being programs is at the core of supporting excellence in these programs and good well-being for animals. How do we collaborate to support animals being agents of their life?



Back of house traditions & evolutions

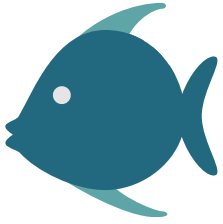
Think about and review the so-called back-of-house areas, such as dens, night-houses, and other areas where animals can spend a lot of time, reviewing wellbeing from a 24/7, across lifespan approach with specific attention to the areas usually hidden from public view.



Eating to save wildlife & eating animals at the zoo

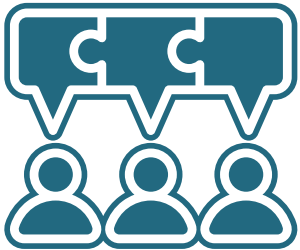
Contemporary zoos, aquariums, other facilities housing animals in human care are concerned with their core values of animal wellbeing, education, and conservation. Explore & review food-related practices and how to align them with your vision, missions, and goals.

How words shape: Removing the technical & abstract from our relationship with other animals & nature



What is in a word? Why are words important? What effects do words have on our thinking, feeling, and acting? Words can be powerful, and words can have power. Words can be drivers for change, with their reverberance shining lights on others, including the invisible ones, and lifting them out and up. What do you think would happen if we removed the technical and abstract from our relationship with other animals, nature, and others outside our circle of compassion?

Inter-expertise collaborations for excellence in animal & staff well-being

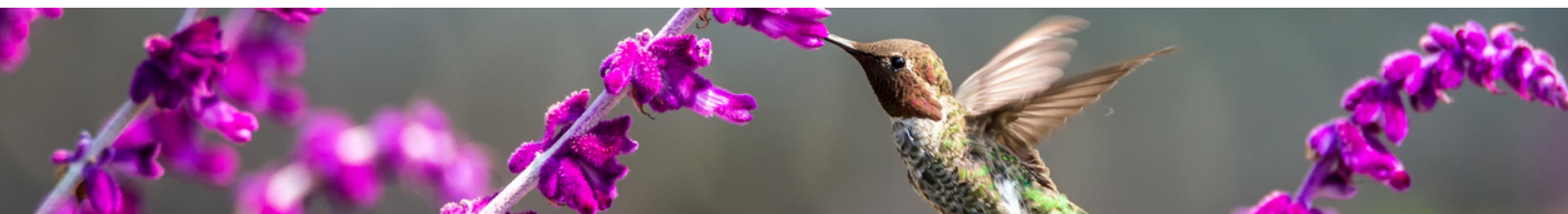


The zoo is an ecosystem of systems, with all kinds of expertise which intersect or interconnect, and so we should acknowledge that some of the expertise we need is not necessarily within the zoo. Achieving excellence in animal & staff well-being, as well as planetary well-being, requires inter-expertise collaborations in which authenticity, humility, curiosity, patience, and compassion are key.

Systems thinking at the zoo



We invite you to learn more and think about Systems Thinking, and seeing the zoo as an ecosystem of systems. Recognise that all things are interconnected and the experience of being part of a system.



**REACH OUT TO US FOR ADDITIONAL
PRESENTATION / WORKSHOP OPTIONS IN
THE HUMAN, ANIMAL, AND PLANETARY
WELLBEING SPACES**



FIND WHAT INSPIRES AND RESONATES WITH YOU

All of our workshops have an accompanying activity sheet for doodling, exploration, and creating outcomes you can try, play with, abandon, explore further, or hold on to.

We aim for progress and not perfection, providing you with the tools to get up and try again when you fall with small steps every day towards better selves, better teams, and better organisations.

Every event is unique to your organisation, created from multiple bespoke presentations. If you have a request for a presentation or workshop not listed above, please get in touch with us to see where we can work with you to create an experience that suits the needs of your team.



NEED MORE INFORMATION?

For further questions, prices, and support on our workshop and event options please contact us at:

info@animalconcepts.eu

More information on our platforms as well as other activities conducted by AnimalConcepts, including our free resource library, can be found on our website at

animalconcepts.eu