



The Oranges Toolkit

What is it?

[The Oranges Toolkit](#) is an expert-led interactive, dynamic and highly engaging 2-day training program that boosts productivity, focus, and wellbeing, equipping teams to manage change and stress, and build healthy habits. It is a group-based, hands-on, program ideal for teams navigating change, uncertainty and workplace challenges.

How you can engage:

The Flagship Program (2-Day Experience)

The full Oranges Toolkit experience—an engaging, high-energy 2-day program covering all seven wellbeing segments: Optimism, Resilience, Attitude, Now, (Mindfulness) Gratitude, Energy, Strengths (ORANGES).

Practical tools and strategies to increase resilience, teamwork, and performance.

Can be delivered as a full two-day experience or broken down into individual modules.

Drivers of Wellbeing: Leadership & Team Workshops

Not ready for the full flagship program? Select from our targeted, research-backed workshops designed to build capability in specific areas.

Leadership Workshops: Designed to equip leaders with strategies to foster resilience, adaptability, and wellbeing in their teams.

Team-Based Workshops: Practical, hands-on sessions designed to improve teamwork, engagement, and overall wellbeing.

Tailor your experience

Whether you opt for the full Flagship Program or tailor a selection from our workshop offerings, The Oranges Toolkit is flexible and designed to meet the unique needs of your workplace.

Want to know which option is best for your team?

[Get in touch!](#)

The Oranges Toolkit Flagship Framework

Optimism

Learn about the power of optimism, the negativity bias and how to apply a positive reframe.

Resilience

Understand resilience, being emotionally agile and how to build skills that help you bounce forward from adversity.

Attitude

Explore the iceberg theory, growth and fixed mindsets, and learn how to manage stress.

Now

Build your attention muscles with mindfulness, curiosity and mindful listening.

Gratitude

Learn about the importance of gratitude, kindness and positivity to improve wellbeing of self and others.

Energy

Explore the connection between emotions and energy, emotional contagion, and how to manage mood and energy for improved productivity.

Strengths

Discover your own strengths, how to use them intelligently, and how to spot strengths in others.



Every workplace is unique, and finding the right wellbeing solution can feel overwhelming. If you're unsure which program best suits your team, we're here to help. Get in touch for a no-obligation chat with our experts - we'll guide you toward the best fit for your business.

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