

90 MINUTE INTENSIVE TRAINING

Course Overview

In summary this course will achieve business goals in the areas of:



Reduce workplace stress



Reduce staff sick days



Reduce workers compensation claims



Reduce staff turnover



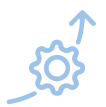
Reduce deterioration to brand image



Improve workplace morale



Improve staff relations and communication



Improve staff productivity

We open the course with identifying that the Self Care conversation is part of our current social change. We acknowledge how many people are facing the fact that time and energy is a finite resource.

We look at the serious motivators for Self Care which are often prompted by pain and discomfort and participants will have the opportunity to connect with 'their why'.

The course directs participants to the awareness of our Human Universal Needs and how we are all 'needing' the same qualities in our lives:

We find within organisations the following 'needs' are most common: Peace, Ease, Order, Consideration, Appreciation, Certainty, Stability, Wellbeing, Clarity, Respect, Choice, Equality, Empowerment, Effectiveness, Contribution, Purpose, Acceptance, Connection, Cooperation and Belonging.

This awareness is established during the course and solidified by the conclusion of the training so that participants have uniquely identified their 'healthy needs' that they can carry forward with them.

Part 1 Offers:

- Steps for immediate relief and recovery
- Baseline Strategies
- Soothing Techniques
- Home Practices

A section of the workbook is dedicated to practical resources for Nourishing the Busy Human and we touch on the importance of physical wellbeing to our Mental state.

Throughout the course, participants will interact with activities in the workbook and in pairs.

They will have the opportunity for self-reflection time and internal 'course correction' which will allow for sustainable long term results.

Part 2 Offers:

- Serious Self Care practices – simple yet not so easy.
- We look at Self Responsibility
- What it means to be grounded and embodied and
- How to 'Schedule like a Boss'

The 4-week email sequence following the course is designed as a reminder tool to continue on the inspiration and momentum that is sparked from our group connection.

Typically during this foundational course, we will be able to identify what areas require further support and development.

Based on this feedback we can customise follow-on sessions specific to your organisation.

This course is available via Zoom, no previous online learning required.



***Mental Health Saves Lives and billions of dollars for Australian Businesses.
We can help you do your part.***