

30 minute SOS Mental Health Support

Course Overview

RECOVER AND MAINTAIN MENTAL HEALTH IN YOUR WORKPLACE WITH OUR RELATABLE AND IMPACTFUL PROGRAMS.

The 30min SOS course dives straight into strategies for managing in our fast-paced world. Addressing stress in our daily lives, relationships, workplace and physical bodies. This is paired with specific tools for expanding capacity and resilience in a sustainable and relatable way.

The SOS workbook provided DOES NOT follow a cookie-cutter approach – it is designed to engage on a peer to peer level. Participants will have their own unique reference points which evidence is showing provides lasting results for Mental Health maintenance.

With interactive activities and home practices, this 30min SOS Course will get your team on the right track. The program allows a dialogue to begin in a relatable language that converts to lasting results because it connects with the individual. The course covers baseline techniques for self-management, self responsibility and includes efficient scheduling of time and energy.

It concludes with a Where to Now process which allows the participants to extract what it means to them to take care of themselves and their Mental Health.

A 4-week email support sequence follows the session with further resources and inspiration for Mental Health Self Care.

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