



WORKPLACE WELLBEING

90 minute program

Overview: Understanding the importance of self care and burnout prevention

The importance of self care in relation to mental health and burnout prevention. Participants will be presented with a range of simple and effective self care strategies they can implement into their everyday lives. We test some of these strategies in class so participants experience the physiological impact and fully appreciate how quickly and easily they can soothe and calm their nervous system.

Program Topics

- 3 Pillars for Mental Health
- Self Management & Responsibility
- The Inner Critic and Ways to Pattern Interrupt
- Home Practices & Resources
- Micro Self Care Self-Soothing Techniques
- Ways to take care of your Mental Health
- Self Enquiry Practices
- Understanding Universal Human Needs
- Emotional Regulation
- Strategies to improve well-being, stability & resilience

Inclusions

- Confidential pre course interview - this will assist in contextualising content and addressing core issues
- Post course survey (providing invaluable feedback from workers)
- Post course report providing feedback and recommendations
- Certificate of course delivery and attendance record as evidence
- Downloadable Workplace 'AHA' Action plan

Participants of this course receive:

- Wellbeing Workbook with tools and resources.
- 4-week email series to review and encourage practice

Program Benefits

- Reduce worker stress levels
- Improve workers resilience to cope with change
- Improve a healthy work life balance
- Improve brand image
- Increase productivity
- Boost employee engagement
- Cultivate staff loyalty
- Reduce sick days
- Reduce physical injuries
- Reduce workplace conflict
- Meet WHS Legislation requirements

Delivery Format

- Face to face delivery
- 90 minute program
- Experiential processes, an impactful learning style
- Provide skills & strategies that can be implemented today
- Relaxed and engaging training style
- Meet WHS legislation requirements

Learn More

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