

Conscious Workplace – Trade

EQUIP YOUR CREW FOR MENTAL WELLBEING & SUCCESS

- Create a positive and connected work environment
- Boost individual and team resilience for swift recovery and growth
- Build a solid crew, creating a second home vibe
- Prioritise mental health, ensuring wellbeing both on and off-site
- Equip teams with transformative tools changing lives and revolutionising team dynamics
- Understand how your team members tick
- Help your team better understand themselves and each other
- Enhance communication skills for a happier and harmonious site

Kickstart a construction crew revolution with a focus on mental health and invaluable life tools

Change Your Reality
With our Success
Building Blocks



MENTAL WELLBEING
TOOLKIT



RENOVATING
RELATIONSHIPS



BUILD A
SOLID CREW



Looking to maximise your team's performance?



Want to support their mental wellbeing?



Determined to boost crew's spirit & improve relationships?

Need answers? Let Releve Workplace hook you up with the right tools. We're mobile. Get your crew on board. Customized to fit. Flexi programs.

WE'VE GOT IT ALL COVERED.



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Meet Rebecca

Rebecca, a seasoned industry pro with almost a decade of experience running her own glazing company, is here to lend a hand and bring her newfound passion for mental health into the mix!

She understands the intense pressure and expectations that the construction / building industry can place on workers and management.

Daily and weekly setbacks occur time and time again, and individuals are expected to keep pushing forward.

Frustration, anger, and disappointment pile up, making it tough to manage these intense emotions and carry them home to loved ones at the end of the day.

Having experienced the life-changing power of principles that helped her overcome business and personal challenges, she's on a mission to make a difference in an industry where anxiety and depression rates are alarming.

Rebecca will help you strike the right balance between performance and mental wellbeing.

