

ELEVATE YOUR TEAM'S WELLBEING AND SUCCESS

Open Lines. Open Minds: Strong communication is key.

Engaged Staff. Better Business: Boosting connection boosts success.

Lead from Within: Everyone's a leader in a thriving workplace.

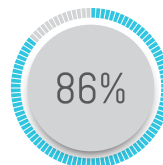
Prioritising staff wellbeing isn't just a lovely add on, it's necessary. Rather than merely fulfilling obligations, let's move beyond checkboxes and minimum requirements. Let's proactively engage in prevention and early intervention strategies to genuinely nurture our staff, fostering a happier, healthier, and more resilient team in the long term. Ultimately, productivity thrives in environments where individuals are motivated and content, leading to cohesive teams and relationships.

ALARMING AUSTRALIAN STATISTICS



DAYS OFF WORK

Top reason for time off work:
Stress & Mental Health



WORKPLACE FAILURES

86%
...are attributed to ineffective communication.



4 X LONGER DAYS OFF

..for mental illness than any other injury



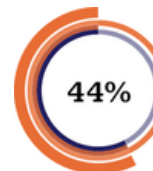
BOOST PRODUCTIVITY

25%
Effective communication can boost productivity by 25%.

\$58,615

COMPENSATION PAID

Mental health condition claims in 2020-21. Almost 4x the median compensation paid across all claims (\$15,743)



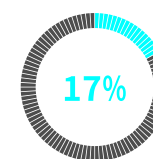
ENGAGED EMPLOYEES

44%
Engaged employees are 44% more productive AND 87% less likely to leave



1 in 5 AUSTRALIANS

...experience a common mental illness in any one year



ONLY 17% OF AUSTRALIAN EMPLOYEES

17%
...are engaged at work



HOW WE CAN HELP

CONSCIOUS WORKPLACE PROGRAMS

- Mental Health First Aid: Train champions to provide accredited support, ensuring early intervention for your team's well-being.
- Conscious Workplace Program: Strengthen communication skills and equip your team with practical tools for overcoming challenges with colleagues and clients.
- Inclusive Leadership Development: Foster emotional intelligence and self-leadership, transforming team dynamics and productivity.
- Resilient Teams, Stronger Relationships: Build team cohesion and resilience, improving employee satisfaction and retention.
- Comprehensive Wellbeing for Peak Performance: Advance a culture of self-awareness, nurturing better relationships, creativity, and performance across the organisation.
- Engagement and Morale Boost: Enhance staff engagement for a happier workplace, leading to higher retention and a loyal, satisfied workforce.

TAILORED DELIVERY APPROACH

- We recognise that every business is unique, facing distinct challenges and areas for improvement.
- Our bespoke service focuses on business-identified staff improvement areas. Relevant to each business and team.
- Offering Mental Health First Aid Accreditation (MHFA)
- Face to face delivery for enhanced impact
- Onsite or offsite available

Strike a balance
between productivity &
mental health

WE'RE COMMITTED TO FOSTERING AN ENVIRONMENT WHERE EMPLOYEES THRIVE, FINDING GENUINE HAPPINESS AT WORK, LEADING TO LONG-TERM COMMITMENT AND ENHANCED PRODUCTIVITY.

MENTAL HEALTH FIRST AID INSTRUCTORS

MHFA courses educate individuals about various mental illnesses and equip them with practical, skill-based methods to evaluate and address someone dealing with a mental health issue or crisis within their community or workplace.

