



It's been a challenging year. What are you doing to help your team remain happy and productive?

If you're an organisation who recognises the importance of your people, it can feel tough managing the heightened stress levels that are inevitable in today's environment.

You might be noticing this showing up in different ways, such as:

- Your team appear less focused, unmotivated and de-energised.
- There is a drop in problem-solving capabilities or acting on initiative.
- There is less team camaraderie and connection (often associated with remote working).
- There are more sick days.
- You have noticed less overall productivity.

The wellbeing of your team is crucial to the health of your business.

While these signs of stressed and unmotivated employees are quite common right now, this is the time your organisation most needs a team who is cohesive, energised and empowered – with people who feel prepared to meet upcoming challenges and feel resilient in the face of change.

Fortunately, with the right mental health and wellbeing strategy, you can get your team feeling positive, psychologically safe and adaptable to change.

34.9%

of Australian workers report they are struggling with the amount of uncertainty that changes bring.

(The Change Lab 2020 Workplace Report, August 2020)





Create lasting, positive change with The Wellbeing Workshop

With a targeted and personalised strategy, you can build your employee wellbeing and team culture so that everyone feels happy, resilient, and engaged at work. This results in:

- Attracting and retaining engaged workers who are happy to come to work.
- Encouraging an upward spiral of idea-sharing, creative problem-solving and innovation.
- Increasing growth, learning and development by providing a psychologically safe environment.
- Strengthening your collective resilience and adaptability.
- Improving teamwork, performance and productivity.

How it works

The Wellbeing Workshop begins with an interactive, self-reflective learning opportunity that enables your team to identify what is and isn't working for them in key areas of their life. This is followed up with practical tools and an action plan to improve their wellbeing, before measuring progress of the strategy whilst continuing to evolve initiatives for continuous improvement.

STEP 1 – EVALUATION

The process begins with a 2.5-hour workshop (maximum 12 participants), where we work with your employees to evaluate what is and isn't working and identify where additional support is required.

Participants are provided with all materials on the day, however they will be required to complete short pre-work diagnostics prior to the workshop.

What can you do next?

If you're serious about your team's mental health, wellbeing and performance, contact us for a confidential, obligation-free chat to learn more about how we can support you.

STEP 2 – WELLBEING ACTION PLAN

Based on the outcomes of the workshop, we will develop an action plan that specifically targets the support areas identified by your team, based on the latest research in positive psychology and neuroscience. It will provide you with a clear understanding of both internal and external resources needed to develop a robust mental health and wellbeing strategy.

STEP 3 – MEASURE PROGRESS FOR CONTINUOUS IMPROVEMENT

Now your team has an action plan, it's essential to measure and monitor its effectiveness to ensure continuous and sustainable improvement. This can be achieved using online measurement tools or in-person feedback. It's important to begin with a baseline measurement before implementation, and we can advise you on collecting this data prior to The Wellbeing Workshop.

What difference will this really make?

Research shows that leadership plays a vital role in the success of any wellbeing initiative; by demonstrating support and commitment and 'walking the talk', the impact goes well beyond the positive effects on your team:

Firstly, you are meeting your legal obligations to provide an environment that is both physically and mentally safe and healthy.

Secondly, research has proven a significant ROI in applying effective mental health and wellbeing strategies. On average for every \$1 spent, there will be a positive return of \$2.30.

THE
wellbeing
WORKSHOP

"Implementing healthier habits" – what our clients say

"As national gas education training specialists our skilled team are often travelling to work sites which takes them away from family, friends and from face to face interactions with their work colleagues. Investing in my team's wellbeing is a top business priority and I'm continually looking for ways to improve the support that our workplace provides. This workshop exceeded expectations and was engaging, informative, interactive and most importantly it resulted in the implementation of some healthier habits for each of our team members. I highly recommend this workshop for any workplace recognising the value of investing in its people." Vince Monsigneur, Director - Gastrain

