



Workplace Well-being

90 minutes

understanding the importance of self care and burnout prevention

Course Overview: We identifying that the Self Care conversation is part of our current social situation with many people facing the fact that time and energy is a finite resource. Self Care is one of the pillars of mental health and participants will have the opportunity to connect with 'their why' around its importance.

The Program offers resources for nourishing the busy human, 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.

In this interactive 90 minute Program participants there will be opportunity for self-enquiry and 'internal course correction' which allows for a more sustainable long term sense of stability, well-being and resilience.

Also included:

- Confidential pre course interview (this will assist in contextualising content)
- Confidential post course survey (providing invaluable feedback from workers)
- Post course report from the Facilitator providing feedback and recommendations
- Certificate of course delivery and attendance record as evidence of training

Everyday Selfcare and Well-being:

- Self Regulation and Soothing Techniques
- Heart & Brain Coherence with neuro scientific-based meditation practices
- Developing kinder inner dialogues & skills for listening to self and others.
- Creating individual anchors

Participants of this course receive:

- A booklet with unique reference points to prevent overwhelm and maintain balance
- 4-week follow up email series to review and encourage further practice

Our accredited Mental Health First Aiders are aware of the scope of mental health concerns being faced in these times. Our trainers are professional, relatable and passionate about what we are offering.