



Workshops for teams and leaders

Workplace wellbeing that is scientifically proven to work.

Science identified the most effective tools for wellbeing at work. We built them into workshops. Practical, live-facilitated, and proven to help your people feel better, work better, and thrive.

98% of participants leave with tools to strengthen their wellbeing and resilience.

WHY IT WORKS

Most organisations know wellbeing matters. The harder part is knowing where to start, what will stick, and how to make the case internally.

Be Well Co was founded by wellbeing researchers. Our workshops are where that science becomes practical, so that your people have tools they can use the moment they leave the room.

Whether you're addressing a specific challenge or building a broader culture of wellbeing, our workshops are flexible enough to meet you where you are.

90%+

of people we work with report improvements in at least one mental health and wellbeing outcome.

1:6 ROI

for every \$1 invested in workplace wellbeing, organisations receive up to \$6 in return.

80%+

participants feel empowered and more capable in managing the way they feel day-to-day.

3.7K

3,700 people trained across 52 organisations Australia-wide in 2025 alone.

“

Be Well Co stood out in the market... the perfect combination of science with practical tools that can be used every day.

David Reynolds, Chief Executive, Department of Treasury and Finance

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TRUSTED BY



WORKSHOPS FOR TEAMS

1-2 hour sessions. Standalone or bundled. In-person or virtual, all over Australia.



Managing Stress

Stress is inevitable. Unmanaged stress isn't. Your team explores the stress response and leaves with practical strategies to respond more effectively.



Languishing: Beyond the 'meh'

Not burnt out, but not thriving. Your team learns what languishing is, how it shows up at work, and the evidence-based strategies to shift out of it.



Managing Burnout

Practical tools to help your team understand burnout, spot it early, and protect their energy before they hit a wall.



Cultivating Meaning and Purpose

People who feel purpose at work are more engaged and resilient. Help your team reconnect with what drives them day-to-day.



Developing Self-compassion

High-performing teams are often the hardest on themselves. This session explores why self-compassion is more effective than self-criticism and gives your team tools to build it.



Navigating Change

People don't resist change, they resist uncertainty. Your team learns the neuroscience of change and is given the tools to move through it with more confidence and less friction.



Optimising Character Strengths

When people understand their strengths and how to use them well, engagement and performance improve. Your team identifies their signature strengths and puts them to work.



Managing Emotional Defensiveness

Defensiveness is one of the most common and costly behaviours in workplace relationships. This session builds the self-awareness to recognise it and respond more constructively.

WORKSHOPS FOR TEAMS continued

1-2 hour sessions. Standalone or bundled. In-person or virtual, all over Australia.



Building Resilience

Not just bouncing back, bouncing forward. Your team builds the skills to navigate increased workloads, challenging relationships, and organisational change without burning out.



Exploring Attitudes and Mindsets

The way your team thinks about challenges shapes how they handle them. Explores growth and stress mindsets, and gives people tools to shift the attitudes that aren't serving them.



Improving Energy

Low energy affects how people think, connect, and cope. Your team explores the relationship between sleep, movement, nutrition, and emotional energy, and leaves with a personal plan.



Psychological Safety for Teams

When people feel safe to speak up, teams perform better. This workshop builds the foundations of a psychologically safe culture: inclusive, accountable, and able to have the conversations that matter.



Constructive Conversations

Most workplace friction comes down to communication that goes sideways. Learn science-backed tools to navigate difficult conversations with more confidence and less heat.



Cultivating Gratitude

Simple to dismiss, powerful in practice. Explores the science behind gratitude and its measurable impact on wellbeing, connection, and performance, with practical ways to embed it at work.



Developing mindfulness

Equip your team with the knowledge and skills to apply mindfulness when dealing with a personal or professional challenge. Guides participants for navigating difficult moments with greater calm and clarity.



Developing Optimism

Setbacks often trigger pessimistic thinking that leaves teams feeling stuck. Learn the science of optimism, giving participants practical tools to challenge negative thoughts and respond to challenges with resilience.

WORKSHOPS FOR LEADERS

Leaders are the single biggest influence on team wellbeing. These sessions build the capability and confidence to lead mentally healthy, high-performing teams.

Leading Mentally Healthy Teams

A practical intro for leaders who want to recognise when someone in their team is struggling and respond with care and appropriate boundaries.

Leading Through Change

People respond to change differently. Practical tools to help leaders guide their teams through uncertainty with empathy and effectiveness.

Psychological Safety for Leaders

Leaders set the tone for whether people feel safe to speak up, challenge ideas, and admit mistakes. This session gives leaders a practical understanding of what psychological safety requires and how to build a culture of trust, accountability, and honest conversation in their team.

Introduction to Psychosocial Hazards

The legislative landscape around psychosocial hazards is changing and the responsibility sits with leaders. This highly practical session helps leaders identify the hazards present in their context, assess risk level, and put in place the steps needed to reduce harm. Don't get caught underprepared.

Leading High Performing Teams

Creates conditions where teams do their best work. Covers psychological safety, purpose, and communication. Full-day or 3 × 2-hour sessions.

Workplace Wellbeing Foundations for Leaders

2-day intensive

Be Well Co's most comprehensive leadership offering. Covers psychosocial hazard planning, managing mental illness at work, and embedding lasting wellbeing practices. Uniquely addresses the leader's own wellbeing alongside their team's, so leaders walk away with both personal and professional tools they can use immediately.

DIGITAL EDUCATION

Flexible, on-demand options for organisations that want to build a culture of wellbeing beyond the training room.

On-demand videos

Wellbeing Microlearning Videos

28x short, evidence-based videos that translate the science behind the Oranges Toolkit into practical skills your team can use immediately. No scheduling, no facilitation required, just wellbeing that fits into a real workday.

Optimism

Resilience

Attitude

Now

Gratitude

Energy

Strengths

Built for busy teams

Short, focused videos designed to fit alongside existing responsibilities without adding pressure.

Practical and evidence-based

Each video translates robust psychological research into one clear, actionable tool.

Flexible access

Available by org size. A great entry point before a full program, or a way to reinforce learning after one.

No facilitation needed

Teams can access content in their own time, at their own pace, no scheduling headaches.

[Watch free preview >](#)

[Shop now >](#)

Substack publication

Be Well Know-How

A publication for leaders and anyone curious about the science of wellbeing. Each edition brings together insights from researchers, psychologists and other experts, translating the latest evidence into practical thinking that helps you make better decisions for yourself and for your people. Available by subscription.

[Follow us on Substack >](#)



Not sure where to start? That's exactly what we're here for.

Every organisation comes to us at a different point. Some know exactly which workshop they need. Others are building a wellbeing strategy from scratch and want a thought partner. Either way, the next step is the same: a short conversation with our team. No obligation. Just a practical conversation with people who know this space well.

Get in touch with the Be Well Co team →