



Be Well Co Services

We offer engaging, personalised, evidence based services to help organisations improve the way their people feel, function and perform.



Our Story

We are a Social Enterprise by Camp Quality that develops and delivers evidence-based Mental Health Solutions.

We work with Organisations, Government and the Community to help people create positive wellbeing habits for the betterment of their Mental Health.

The mission behind Be Well Co is to solve the unrecognised problem of Languishing or feeling 'not quite right' experienced by over 5 million Australians.

We are here to help organisations and communities recognise that living feeling stuck, stagnant and struggling to connect with others need not be a life sentence.

Our skills and support help people to feel and function better so they can do better in their lives,

Our Services

We deliver premium, personalised, proven solutions that promote wellbeing in workplaces all over Australia. We have the resources to support large scale and smaller, remote workforces and tailor programs to suit your individual needs.

Our services help people and organisations identify and address their unique mental health and wellbeing needs. They focus on individual skills building, leadership development and organisational development.

We offer a range of intensive programs and workshops on workplace wellbeing, leadership and general mental health topics. Our programs are live-facilitated by expert facilitators and delivered in groups, online or in-person all over Australia. See below for a deep dive into our workplace program services.

Wellbeing Measurement

There's a saying: you get what you measure. No matter how much we may believe in the benefits of high wellbeing, proving it can make all the difference. Our scientifically validated and secure online measurement tool gives you insights into the mental health and wellbeing of your people.

Our Be Well Tracker provides your people with a confidential individual report containing insights into their mental health. We aggregate this data and provide your organisation with a report that identifies high performers and at-risk groups, so you can create a wellbeing intervention strategy that's right for you. For more information on our wellbeing measurement services, [visit our page here](#).

Consulting and Research

Research lies at the core of Be Well Co. We not only rigorously evaluate our solutions, but we actively conduct academic research on mental health and wellbeing, advancing general knowledge on the importance of investing in mental health and wellbeing.

Our team of experts provide a range of consulting services, including commissioned research and independent evaluations to determine impact within organisations and their initiatives. We work with community organisations, industry, NGO's and government. For more information, [visit our page here](#).





The Oranges Toolkit

What is it?

[The Oranges Toolkit](#) is an expert-led interactive, dynamic and highly engaging 2-day training program that boosts productivity, focus, and wellbeing, equipping teams to manage change and stress, and build healthy habits. It is a group-based, hands-on, program ideal for teams navigating change, uncertainty and workplace challenges.

How you can engage:

The Flagship Program (2-Day Experience)

The full Oranges Toolkit experience—an engaging, high-energy 2-day program covering all seven wellbeing segments: Optimism, Resilience, Attitude, Now, (Mindfulness) Gratitude, Energy, Strengths (ORANGES).

Practical tools and strategies to increase resilience, teamwork, and performance.

Can be delivered as a full two-day experience or broken down into individual modules.

Drivers of Wellbeing: Leadership & Team Workshops

Not ready for the full flagship program? Select from our targeted, research-backed workshops designed to build capability in specific areas.

Leadership Workshops: Designed to equip leaders with strategies to foster resilience, adaptability, and wellbeing in their teams.

Team-Based Workshops: Practical, hands-on sessions designed to improve teamwork, engagement, and overall wellbeing.

Tailor your experience

Whether you opt for the full Flagship Program or tailor a selection from our workshop offerings, The Oranges Toolkit is flexible and designed to meet the unique needs of your workplace.

Want to know which option is best for your team?

[Get in touch!](#)

The Oranges Toolkit Flagship Framework

Optimism

Learn about the power of optimism, the negativity bias and how to apply a positive reframe.

Resilience

Understand resilience, being emotionally agile and how to build skills that help you bounce forward from adversity.

Attitude

Explore the iceberg theory, growth and fixed mindsets, and learn how to manage stress.

Now

Build your attention muscles with mindfulness, curiosity and mindful listening.

Gratitude

Learn about the importance of gratitude, kindness and positivity to improve wellbeing of self and others.

Energy

Explore the connection between emotions and energy, emotional contagion, and how to manage mood and energy for improved productivity.

Strengths

Discover your own strengths, how to use them intelligently, and how to spot strengths in others.



Every workplace is unique, and finding the right wellbeing solution can feel overwhelming. If you're unsure which program best suits your team, we're here to help. Get in touch for a no-obligation chat with our experts - we'll guide you toward the best fit for your business.

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