

# BE WELL CO SERVICES



# ABOUT

## 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 a life feeling stuck, stagnant or struggling to connect with others does not need to be a life sentence. Our skills and support help people to feel and function better so they can do better in their lives.

## Our Workplace Wellbeing 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.

## Our Full Suite of Services

Not only do we offer workplace wellbeing services to help organisations better the wellbeing of their leaders and people, we also offer workplace wellbeing measurement and tailored evaluation and consulting services.



### Training Programs & Workshops

We offer a range of engaging, live-facilitated group-based mental health and wellbeing offerings.

We deliver online and in-person services throughout Australia to a range of partners, from community organisations to corporate and government departments. [Find out more.](#)



### Workplace Wellbeing Measurement

Gain insights into your people's mental health and wellbeing with our scientifically validated and secure, online measurement tool.

Providing data that helps identify high performers and at-risk groups to inform your wellbeing strategy. [Find out more.](#)



### Consulting & Tailored Evaluation

Our team of certified experts provide a range of consulting services, including commissioned research and independent evaluations.

This determines and measures the impact of wellbeing initiatives within organisations including NGO's and Government. [Find out more](#)

## OUR WORKPLACE IMPACT

Workplace wellbeing is good for business. The science is clear, when employees have good wellbeing and are emotionally agile, they are better equipped to respond positively to change and uncertainty, resulting in better business outcomes. Organisations who invest in wellbeing have fewer safety incidents and report higher customer satisfaction. That's why investing in evidence-based solutions pays for itself, both in terms of impact and return on investment.

# 90%

Proactive prevention is the best approach. 90%+ of people we work with report improvements in a Mental Health and Wellbeing outcome.

# 1:6 ROI

For every \$1 organisations invest in workplace wellbeing, they receive up to a \$6 return on investment.

# 80%

80%+ are highly engaged during our workshops and feel empowered, more capable and more knowledgeable in managing the way they feel day-to-day.

# THE BE WELL PLAN

## What is the Be Well Plan?

Built for organisations interested in addressing languishing and distress in the workplace, The Be Well plan is a research-backed program that helps individuals improve their mental wellbeing, build resilience, and combat distress caused by mood and anxiety challenges. Designed for those struggling with mental health or feeling 'stuck' in life, it provides practical tools for personal and professional growth.

“

**What has really stood out to me regarding this program was the large amount of different, evidence-based practices and tools on offer to improve one's wellbeing. The choices were vast and there is something there for everyone.**

Mitsubishi Australia

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## What can you expect?

- A one-day or five week program in-person or online
- Individual reflection & shared experiences
- Designed to help people develop a personalised wellbeing plan

## WHO IS THE BE WELL PLAN FOR?



### Workplaces Ready to Tackle Poor Wellbeing

Take part in a structured, science-backed group program designed to help staff who languishing with poor wellbeing.



### Staff Looking to Build Resilience

Use reflection, discussion and experiential learning to foster skills to improve resilience to distress and change.



### Teams Seeking Practical, Lasting Change

Our team of certified experts provide a range of consulting services, including commissioned research and independent evaluations to determine and measure impact of wellbeing initiatives.

[i FIND OUT MORE HERE](#)

# THE ORANGES TOOLKIT

## What is The Oranges Toolkit?

Built for those who want to optimise the wellbeing of their team, The Oranges Toolkit is a science-driven program that boosts workplace wellbeing using seven key pillars; Optimism, Resilience, Attitude, Mindfulness (Now), Gratitude, Energy, and Strengths. Empower teams with practical tools grounded in neuroscience and positive psychology.

“

**In a fast-changing business environment, ORANGES has given our staff the skills and tools to be more resilient, optimistic and energised, which has positively enhanced our ability to change and focus most effectively on our customer's needs.**

Motorola Solutions

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## What can you expect?

- A two-day immersive program
- Highly interactive, encouraging group interaction
- Equipping participants with new knowledge & access to practical skills

## WHO IS THE ORANGES TOOLKIT FOR?



### Teams Facing Change & Uncertainty

Take part in a structured, science-backed group program designed to help staff who languishing with poor wellbeing.



### Leaders Looking to Build Resilient Teams

Give your leaders the tools to foster psychological safety, adaptability, and a growth mindset in their teams.



### Organisations Ready to Invest in Long-Term Team Wellbeing

Embed a science-backed, engaging approach to resilience and wellbeing into your workplace culture, helping teams sustain high performance and positive wellbeing.



**FIND OUT MORE HERE**

# WELLBEING WORKSHOPS

## What are Wellbeing Workshops?

Based on the Be Well Plan, Drivers of Wellbeing Workshops are a series of 1-2 hour engaging sessions that provide you with the opportunity to learn and apply key concepts in building mental health and wellbeing.

Covering essential mental health topics, these sessions are suitable for organisations wanting to learn about a specific wellbeing topic, with a goal of creating a healthier, more supportive work environment. We offer a wide range of practical workshops built for teams and leaders.

“

**One of the best 'self-care' programs that I have done, I found it really practical, rather than someone just talking at you. This made it a more successful program.**

Department of Treasury and Finance

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## What can you expect?

- Practical tools tailored to individual and team needs
- Certified, science-backed expertise
- On-the-go access to training resources & materials

## WHO ARE THE WELLBEING WORKSHOPS FOR?



### Teams Needing Quick & Impactful Wellbeing Support

Short on time? Our practical 1-2 hour workshops deliver science-backed strategies to boost wellbeing, reduce stress, and improve team dynamics—without disrupting busy schedules.



### Teams Wanting to Strengthen and Grow

Our tailored workshops are designed to address unique wellbeing goals, while fostering a meaningful change, aimed at both the individual and team.



### Workplaces Wanting Flexible, Custom Wellbeing Sessions

Choose from a range of topics, from stress management to burnout prevention, and tailor a session to suit your team's unique needs.



**FIND OUT MORE HERE**

# LEADERSHIP WORKSHOPS

## What are Leadership Workshops?

Leaders are central to workplace wellbeing. We offer a wide range of targeted programs to build capacity amongst leaders, filled with practical insights and tools that can be used immediately. All sessions are led by Certified Trainers who deliver programs grounded in science-backed research from the Be Well Team, ensuring trusted, evidence-based support.

“

**We learnt some valuable life skills that could be applied immediately. Given our corporate values around philanthropy, we were also drawn to the program as a social enterprise and knowing profits are going to such an important cause.**

Henley

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## What can you expect?

- A two-day immersive program
- Highly interactive, encouraging group interaction
- Equipping participants with new knowledge & access to practical skills

## WHO ARE LEADERSHIP WORKSHOPS FOR?



### Grow and Deepen Leadership

Empower leaders with practical tools to grow their resilience, manage and promote organisational change, and inspire their teams.



### Proven Frameworks for Positive Change

Teach practical skills and tools to rely on, to build lasting wellbeing, adaptability and a thriving workplace culture.



### Leaders Looking to Support Employee Wellbeing

Equip managers with the tools to foster a culture of psychological safety, resilience, and sustainable performance through targeted wellbeing training.



**FIND OUT MORE HERE**



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