



# Be Well Co Services

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





# Drivers of Wellbeing Workshops

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

## Who are these suitable for?

Drivers of wellbeing workshops are engaging, practical workshops designed to strengthen workplace 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.



## Available Workshops for Teams

### Managing Stress

We provide you and your team with insights into the science and neuroscience behind the stress response. You will have the opportunity to explore your drivers and your reactions to stress, and discover practical activities to improve your stress response.

### Emotional Defensiveness

We delve into how this unhelpful (but very common and human) response relates to our emotions and behaviours. You and your team have the opportunity to try practical techniques that you can use to become better at recognising and responding to the emotional and behavioural consequences of defensiveness in a professional or personal context.

### Mindfulness

Equip yourself with the knowledge and skills to apply mindfulness when you are dealing with a personal or professional challenge. This Workshop guides you through a mindfulness strategy called RAIN, helping you to better recognise, accept, investigate and nurture yourself during difficult moments.

### Understanding Burnout

Is your team exhausted? Are they 'snapping' and 'blame storming' at each other? Now's the time to get a handle on what it means to become burned out. This session helps employees understand what burnout is, how to spot it and importantly, practical ways to stay energised.

### Character Strengths

Gain a better understanding of your signature strengths, learn how to spot strengths in others, and learn how to use your strengths to boost positive emotions, engagement and improve your relationships.

### Meaning & Purpose

You will learn how a sense of meaning and purpose at home and work drives your wellbeing and work-life balance. You will have an opportunity to explore activities that will help you to better understand what brings a sense of meaning to your life and to help you live more purposefully.

### Self-Compassion

You will learn about the science behind self-compassion and explore how it is a more useful approach to dealing with mistakes than self-criticism. You will also have the opportunity to experiment with various activities that you can use to build your own self-compassion at home or at work.

### Navigating Change

Restructuring, transforming, re-aligning? Then this is the session for you. Your team will learn the neuroscience of change, and practical tools to guide them through uncertainty and complexity and reflect on their personal response to change.



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## Optimism

Does your team seem to focus on what went wrong and what's not working? Then Optimism is the session for you. Participants learn the neuroscience of optimism and practical tools to challenge their overly negative thinking habits.

## Positive Attitudes

Want to improve your team's creativity, and ability to manage stress and relate better as a team? This workshop will allow your team to gain understanding of their own attitudes and those that serve them well. Covering both a growth mindset and our stress mindset, there's a bit in there for everyone.

## Boosting Energy

Team feeling low on energy? In this session your team will reflect on how they can eat, move and sleep better to lift their energy. They will reflect on how their energy and emotions are connected and how to develop positive relationships that energise, not deplete them.

## Building Resilience

Teams learn the skills to not only bounce back but bounce forward from the challenges they are facing: whether that be increased workloads, challenging stakeholders or organisational change.

## Gratitude

This uplifting session will leave your team feeling connected to themselves and each other. They will gain an understanding of the powerful health and productivity benefits associated with practising gratitude.

## Psychological Safety

One of the hottest topics in organisations right now. This practical session will help your staff build an inclusive, respectful and trusting culture. Staff will also learn the importance of a culture of accountability and having difficult conversations.

## A UNIQUE APPROACH TO WORKPLACE WELLBEING WORKSHOPS



Practical & Engaging



Evidence-based



Live-facilitated



Booster Content



# Leadership Workshops

Leaders are central to workplace wellbeing. We offer a wide range of targeted [Leadership Workshops](#) to build capability amongst leaders, filled with practical insights and tools that can be used immediately.



## Available Workshops for Leaders

### Wellbeing for People Leaders

Managing the wellbeing of your team is an essential part of leadership. This workshop for people leaders focuses on mental wellbeing in a workplace setting and introduce leaders to the Promote, Protect and Respond framework. People Leaders will explore what is within their control to protect against psychosocial hazards, respond to mental illness in the workplace and build wellbeing within their teams.

### Introduction to Psychosocial Hazards

Learn what psychosocial hazards are (in the context of wellbeing), identify potential negative outcomes, and have an opportunity to assess the potential level of risk of a hazard. Don't be caught out and underprepared for the legislative changes in your state or territory. This highly practical session will provide leaders with the know-how to reduce key risks or hazards in your unique context.

### Psychological Safety for Leaders

One of the hottest topics in organisations right now. This practical session will help your leaders build an inclusive, respectful and trusting culture. They will also learn the importance of a culture of accountability and having difficult conversations.

### Leading High Performing Teams

Understand how to create the conditions for a high-performing and productive team. This practical session will leave your leaders with an understanding of what factors impact performance and how to lead with these in mind, focusing on psychological safety, building purpose within teams and improving communication. Note: This is delivered as a full-day workshop or 3 x 2-hour workshops.

### Leading Through Change

Organisational change is a given and to increase the complexity, people respond to change differently. This workshops targets modern leaders by helping them develop an understanding on how team's respond to change, and offering ways to best support staff needs with understanding and compassion.

### Leading Mentally Healthy Teams

Don't have the time for your leaders to attend Mental Health First Aid training, but want them to understand how to lead mentally healthy teams? This is a great intro for modern leaders who are looking for ways to support colleagues who are working with symptoms of mental illness in the workplace.

### Workplace Wellbeing Foundations for Leaders

This 2-day intensive workshop covers off all essential areas related to workplace mental health, including creating a tailored plan for psychosocial hazards, to developing processes for managing mental illness and embedding workplace wellbeing practices. The training combines insights from the latest developments in science, with personal reflection and group work. Uniquely, the focus is both on the individual leader's personal wellbeing as well as that of staff, making sure that leaders walk away with personal and professional benefits they can implement straight away.



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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