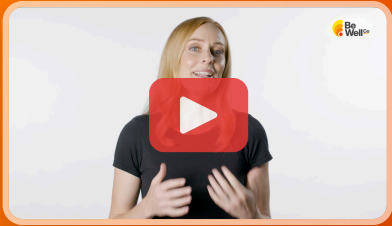




WELLBEING MICROLEARNING VIDEOS

Wellbeing science, five minutes at a time

Short, evidence based videos built for busy teams, remote workers and leaders who want better for their people.



Be Well Co's Wellbeing Microlearning Videos are built on **The Oranges Toolkit**, our proprietary wellbeing framework. Each video runs about five minutes and translates real psychological research into practical actions your team can use straight away, no extra workload, no login, nothing to schedule.

WHO IT'S FOR

- **Busy teams** who need practical tools, not another meeting
- **Remote & hybrid workers** who miss the in-person nudge
- **Individuals** wanting to build their own wellbeing skills
- **Leaders** who want better for their team

SEVEN SEGMENTS, ONE FRAMEWORK

Optimism Challenge unhelpful beliefs and build more optimistic habits.	Resilience Build real resilience, not just the ability to bounce back.	Attitude Grow a flexible mindset and healthier relationship with stress.	Now Sharpen focus and presence to cut through distraction.
Gratitude Practice real gratitude and shift how work feels.	Energy Build lasting energy through food, movement, sleep, connection.	Strengths Spot and use strengths in yourself and each other.	

THREE WAYS TO START

Starter Choose one topic from the ORANGES framework. \$690 from 4 videos · 12 months access	Core A taster across every segment. \$1,100 from 7 videos · 12 months access	Complete BEST VALUE All 28 videos, the whole ORANGES framework. \$2,490 from 28 videos · 24 months access
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Pricing scales with your organisation's size. If a package needs sign off from someone else, this page has everything they'll need: what it is, what's covered and what it costs.

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Our work with Be Well Co has helped us better support our leaders, with accessible, practical tools our teams use at work and at home to build resilience and navigate change.
— MITRE 10

Ready to see it in full?
Explore all seven segments, watch trailers and get exact pricing for your team size on the microlearning page, or get in touch and we'll help you find the right fit.
1300 857 425 | hello@bewellco.io

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