

Fee Schedule

MENTALLY HEALTHY WORKPLACE WORKSHOPS



Staff Wellbeing Workshop – 2 hours

Support & grow wellbeing in your staff & in yourself through:

- understanding stress
- active stress management
- reducing stigma
- understanding the link between life events, the brain & behaviour
- building resilience practices
- understanding the impact of workplace habits
- learning how to recognise when someone is unwell or struggling
- and much more!

Who should attend:

Staff at any level in an organisation from frontline employee to CEO.



Up to 10 attendees	Up to 20 attendees	Above 20 attendees
\$600*	\$600* plus \$50* per head for each attendee beyond 10	Contact us for a custom quote

* + GST

Fee includes:

- Up to 2 planning meetings to get to know your business, staff circumstances, strengths & concerns
- Customized session content & presentation
- Printed booklet for each attendee
- Access to a range of relevant resources
- Collated feedback on how your staff valued the workshop

Customization:
 This workshop is customizable to suit any industry & any size workplace.
 Content can be added or removed to match your preferences.

Management/Leadership Workshop – 3 hours

Learn how having a Mentally Healthy Workplace benefits your business through:

- Recruitment & retention
- Engagement & discretionary effort
- Customer experience
- Meeting legal responsibilities

Learn what day to day actions you can take & behaviours you can promote to create change & make your organisation more resilient through:

- Behaviour & Communication
- Recognition & Reward
- Personal Growth
- Trust, Empowerment & Accountability
- Meaningful & Fulfilling Work
- Smart Work Design

Who should attend:

Decision makers & leaders in organisations – CEO's, HR Managers, Performance Managers, Policy Makers, Team Leaders & anyone who has supervisory or management responsibilities over staff.

Up to 10 attendees

Up to 20 attendees

Above 20 attendees

\$800*

\$800* plus
\$60* per head for
each attendee
beyond 10

Contact us for a
custom quote

* + GST

Fee includes:

- Up to 2 planning meetings to get to know your business, leadership & staff circumstances, strengths & concerns
- Customized session content & presentation
- Printed booklet for each attendee
- Access to a range of relevant resources
- Collated feedback on how your staff valued the workshop

Customization:

This workshop is customizable to suit any industry & any size workplace.

Content can be added or removed to match your preferences.

Comprehensive Workplace Leadership & Wellbeing Workshop – 4 hours

Support & grow wellbeing in your Leadership team & in yourself through:

- understanding stress
- active stress management
- reducing stigma
- understanding the link between life events, the brain & behaviour
- building resilience practices
- understanding the impact of workplace habits
- learning how to recognise when someone is unwell or struggling
- and much more!

Learn how having a Mentally Healthy Workplace benefits your business through:

- Recruitment & retention
- Engagement & discretionary effort
- Customer experience
- Meeting legal responsibilities

Learn what day to day actions you can take & behaviours you can promote to create change & make your organisation more resilient through:

- Behaviour & Communication
- Recognition & Reward
- Personal Growth
- Trust, Empowerment & Accountability
- Meaningful & Fulfilling Work
- Smart Work Design

Who should attend:

Decision makers & leaders in organisations – CEO’s, HR Managers, Performance Managers, Policy Makers, Team Leaders & anyone who has supervisory or management responsibilities over staff.

Up to 10 attendees	Up to 20 attendees	Above 20 attendees
\$1000*	\$1000* plus \$80* per head for each attendee beyond 10	Contact us for a custom quote

* + GST

Fee includes:

- Up to 2 planning meetings to get to know your business, leadership & staff circumstances, strengths & concerns
- Customized session content & presentation
- Printed booklet for each attendee
- Access to a range of relevant resources
- Collated feedback on how your leadership team valued the workshop
- Additional presenter with Return to Work & Rehabilitation Qualifications & experience

Customization:

This workshop is customizable to suit any industry & any size workplace. Content can be added or removed to match your preferences.

