Fee Schedule
MENTALLY HEALTHY WORKPLACE WORKSHOPS

[Image of a smiling man writing]

[Logo: CHESS CONNECT]
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.

<table>
<thead>
<tr>
<th>Up to 10 attendees</th>
<th>Up to 20 attendees</th>
<th>Above 20 attendees</th>
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<tbody>
<tr>
<td>$600*</td>
<td>$600* plus $50* per head for each attendee beyond 10</td>
<td>Contact us for a custom quote</td>
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* + 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.

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<tr>
<td>$800*</td>
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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

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<td>$1000*</td>
<td>$1000* plus $80* per head for each attendee beyond 10</td>
<td>Contact us for a custom quote</td>
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* + 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.