



## Mental Fitness Workshops

**Collaborate with staff to educate and promote a culture of positive mental wellness in your workplace.**

Strategic workshops, delivered at your workplace or online, that are specially designed to support mental fitness and wellbeing in a workplace setting. Ability Options Mentally Healthy Workplace Workshops are customised to suit the unique needs of your business, promoting a healthy, productive and supportive environment for all employees.

# Benefits of a Mentally Healthy Workplace

- Improved staff morale
- Increased staff engagement
- Reduced staff turnover
- Improved interpersonal relationships among employees
- Reduced conflicts and complaints

Studies show that every dollar spent on effective mental health action in the workplace returns \$2.30 in benefits to the organisation.

## Our Workshops

Support and grow well-being in your Leadership team and in yourself through:

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

Learn actions and behaviours you can promote to create change and support resilience through:

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

