

#4b deep dive

better mind health workshop



WORKSHOP

What we cover

In this high impact 2 hour workshop attendees will learn how to unpack and apply LIFEBACK TRACKER's 4 Steps to Better Mind Health. Attendees will be taught strategies on how to identify their lifestyle strengths and areas that need attention. Our philosophy is to provide you with daily practical solutions to help better overcome life's challenges.

We address our four pillars to better mind and physical wellbeing:



Talking



Exercise



Reduce alcohol



Sleep

Targeted outcomes

- An understanding of the emotions associated with change.
- A deeper understanding and appreciation of how to build and maintain resilience.
- Understand the process we go through when we're confronted with significant change in our lives.
- Access company and community resources to help mind health.
- How to spot the signs a friend might be struggling mentally.
- How to compose, integrate and maximise your own better mind health action plan.
- How to download and use the free LIFEBACK TRACKER app.

What attendees receive

THE ESSENTIALS, plus:

- Personalised 1 -page Mind Health Action Plan
- LIFEBACK TRACKER App + How to get the most out of it
- How to spot the signs by using the R U OK framework
- Employee assistance program
- Desktop Tracker

Investment

- **FACE TO FACE:** \$2,495 + GST
- **LIVE STREAM:** \$1,495 + GST
- **PRE RECORDED:** P.O.A.
- Ideal attendees: 20

*Fee reduction for multiple workshops.

Flexible delivery options

Our workshops are delivered by true professionals, in a way that best works for your organisation.



FACE TO FACE



LIVE STREAM



PRE RECORDED

"Tell me and I will forget, teach me and I will remember forever."

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Invigor Wellbeing happier. healthier.