

What we offer online Strengthening your people's wellbeing

Facilitator led / online via zoom / options to suit your team



STRATEGY

WELLBEING ASSESSMENT AND PLATFORM

The Umbrella Digital Platform hosts our **online surveys** (Wellbeing Assessment and Wellbeing Pulse), alongside a Knowledge Library containing more than 100 wellbeing resources.

Employees receive personalised wellbeing reports, while organisations have access to an interactive dashboard and comprehensive wellbeing report with insights into the unique wellbeing opportunities for the organisation, based on best practice scientific research.

WELLBEING STRATEGY

Consulting support for developing wellbeing strategies with boards and leadership teams, aligned with their overall people strategies.

COACHING AND CONSULTING

Our team are able to provide additional consultancy support to help you navigate your organisational wellbeing needs. This includes facilitating strategic planning workshops, group or individual wellbeing coaching for leaders, and professional supervision for staff whose roles include supporting wellbeing.

THOUGHT-LEADERSHIP

Our research team keep on the leading-edge of psychological best practice, particularly in workplaces.

We share this research in both our workshops and our monthly newsletter online.

As psychologists we bring our expertise in behaviour change to help your people navigate stress and promote mental health so they, and your business, can thrive in today's world.

HALF DAY WORKSHOPS

4 HOURS | \$3750+GST | MAX 12 PARTICIPANTS

	RESILIENCE	MENTAL HEALTH
Teams	<ul style="list-style-type: none"> • Thrive 	
Leaders	<ul style="list-style-type: none"> • Leading High Performing Teams (By request only) 	<ul style="list-style-type: none"> • Understanding Mental Health in the Workplace

ESSENTIAL OVERVIEWS

90 MINS | \$1500+GST | MAX 12 PARTICIPANTS (For larger groups, please enquire for webinar pricing)

FOR TEAMS	FOR LEADERS	FOR ELT'S
<ul style="list-style-type: none"> • Strengthening Resilience: An Introduction • Mental Health Awareness: An Introduction • Flourish, the power of Positive Psychology • Shifting the Frantic • Resilience during Uncertain Times* 	<ul style="list-style-type: none"> • Creating a Culture of Wellbeing in Dispersed Teams • Leading Wellbeing During Uncertain Times* 	<ul style="list-style-type: none"> • Managing Mental Health: An Introduction • Leading High Performing Teams: An Introduction

*Covid-19 relevance

ALSO AVAILABLE: Resilience e-learning – Price on request