



## HOW WE CAN SUPPORT YOUR PEOPLE

### WORKSHOPS FOR TEAMS

	RESILIENCE	MENTAL HEALTH	ADDITIONAL OFFERINGS
<b>Half-day</b> <i>(In-person or online)</i>	<ul style="list-style-type: none"> <li>• Thrive</li> <li>• Challenging Conversations and Resilience</li> </ul>	<ul style="list-style-type: none"> <li>• Getting Started with Mental Health</li> </ul>	<ul style="list-style-type: none"> <li>• Introduction to Peer Support</li> <li>• Preventing and Dealing with Vicarious Trauma (2-hours)</li> </ul>
<b>Full-day</b> <i>(In-person only)</i>	<ul style="list-style-type: none"> <li>• Strengthening Resilience</li> </ul>	<ul style="list-style-type: none"> <li>• Mental Health Awareness</li> </ul>	<ul style="list-style-type: none"> <li>• Resilience E-learning modules</li> </ul>

### WORKSHOPS FOR LEADERS

	RESILIENCE	MENTAL HEALTH
<b>Half-day</b> <i>(In-person or online)</i>	<ul style="list-style-type: none"> <li>• Leading High Performing Teams</li> </ul>	<ul style="list-style-type: none"> <li>• Understanding Mental Health at Work</li> </ul>
<b>Full-day</b> <i>(In-person only)</i>		<ul style="list-style-type: none"> <li>• Promoting Mental Health at Work</li> <li>• Managing Mental Health (Umbrella's MHA training required first)</li> </ul>

### 60 OR 90-MINUTE OVERVIEWS *(In-person or online)*

FOR TEAMS	FOR LEADERS	FOR ELT'S
<ul style="list-style-type: none"> <li>• Strengthening Resilience: An Introduction</li> <li>• Mental Health Awareness: An Introduction</li> <li>• Flourish: the power of positive psychology</li> <li>• Shifting the Frantic</li> <li>• Resilience during Uncertain Times*</li> <li>• Change Readiness</li> <li>• Recovering from the Covid Marathon*</li> </ul>	<ul style="list-style-type: none"> <li>• Boosting Wellbeing in Remote and Dispersed Teams*</li> <li>• Leading Wellbeing During Uncertain Times*</li> <li>• Leading your people to recover from the Covid Marathon*</li> </ul>	<ul style="list-style-type: none"> <li>• Managing Mental Health: An Introduction</li> <li>• Leading High Performing Teams: An Introduction</li> </ul>

\*Covid-19 relevance

#### WELLBEING ASSESSMENT

The Umbrella Wellbeing Assessment is an online survey that provides individual wellbeing reports and resources for each person who completes it.

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.

#### CONTACT DETAILS

Call 0800 643 000 for a conversation or email [office@umbrella.org.nz](mailto:office@umbrella.org.nz)



*Scan the QR code to learn more  
about what we offer at Umbrella*

