

FOR IMMEDIATE RELEASE

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Beyond The Banter Launches “GOT 8 M8?” Workplace Kit Nationally, Starting on the Gold Coast

Gold Coast, QLD – Beyond The Banter has today launched its *GOT 8 M8? Workplace Kit* nationally, with the initiative rolling out from the Gold Coast as a practical way for workplaces across Australia to support better mental health conversations.

Built on a simple idea, take eight minutes to check in with a mate, the **GOT 8 M8? Workplace Kit** gives organisations a clear, ready-to-use approach to embedding real conversations into everyday work routines.

Designed to work across industries, from construction sites and trade teams through to corporate offices, the kit focuses on consistency over complexity. It is not a program that sits on a shelf, but a tool that fits naturally into existing moments like pre-starts, toolbox talks and team meetings.

Founder of Beyond The Banter said the national rollout reflects a growing demand for practical, no-fuss support in workplaces.

“Across the country, we’re hearing the same thing. People want to support their mates, they just don’t always know how to start. **GOT 8 M8?** keeps it simple. Eight minutes can make a real difference.”

The Workplace Kit includes:

- A clear 8-minute check-in framework teams can use immediately
- Posters and visual prompts to drive awareness in workplaces
- Conversation cards to help start and guide discussions
- Leader talking points for team check-ins and toolbox talks
- A QR-based tracking tool to log and visualise minutes spent checking in

The initiative aligns with Beyond The Banter’s P.A.C.T. approach:

- Pay Attention
- Ask the Question
- Connect
- Take Action

By focusing on small, repeatable actions, the **GOT 8 M8? Workplace Kit** aims to normalise conversations before issues escalate, helping create stronger, more connected teams across Australia.

With early uptake already building, **Beyond The Banter** is encouraging workplaces of all sizes to adopt the approach and make regular check-ins part of their culture.

Availability:

The GOT 8 M8? Workplace Kit is now available nationally via www.beyondthebanter.org

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