

Wellbeing Support

Training + Practical Support

Best for:

Designed for businesses that want to proactively manage wellbeing and psychosocial risks through practical training and early intervention support.

Includes:

- Wellbeing or psychosocial risk training sessions
- Practical tools managers can apply immediately
- Guidance on early intervention and supportive conversations
- Advisory support for specific wellbeing or mental health concerns
- Support for managers navigating complex or sensitive employee situations

How it works:

- Support can be delivered as:
- A one-off wellbeing or psychosocial training session
- A series of sessions delivered over time
- Targeted support for an individual or team
- May include collaboration with managers and employees to develop practical, supportive wellbeing plans

Investment:

- \$200/hr

Sessions are available hourly or packaged across multiple sessions, depending on the level of support required