

Wellbeing Workshops



www.wildwellness.au

Mental Health Awareness

For all staff – a 1 hr (face to face)

Workshop to raise awareness around common mental health problems, what we can do to help ourselves and those around us, and to help break down stigma.

How to check in on a mate

For all staff – a 1.5 hr (face to face)

Workshop that explores ways to approach somebody who might be struggling, how to and not to have a conversation, and the various supports available.

Self-care

For all staff – a 1.5 hr (face to face)

workshop full of experiences to help individuals begin to discover ways to look after themselves in stressful times.

Understanding Staff Behaviours

For team leaders and managers – 4x 1 hr (weekly online)

Workshops run over 4 weeks for team leaders and managers to gain an insight into why staff behave the way they do, and how you can be better prepared.

Contact us today for more details
or a quote for your workplace at:
info@wildwellness.au

