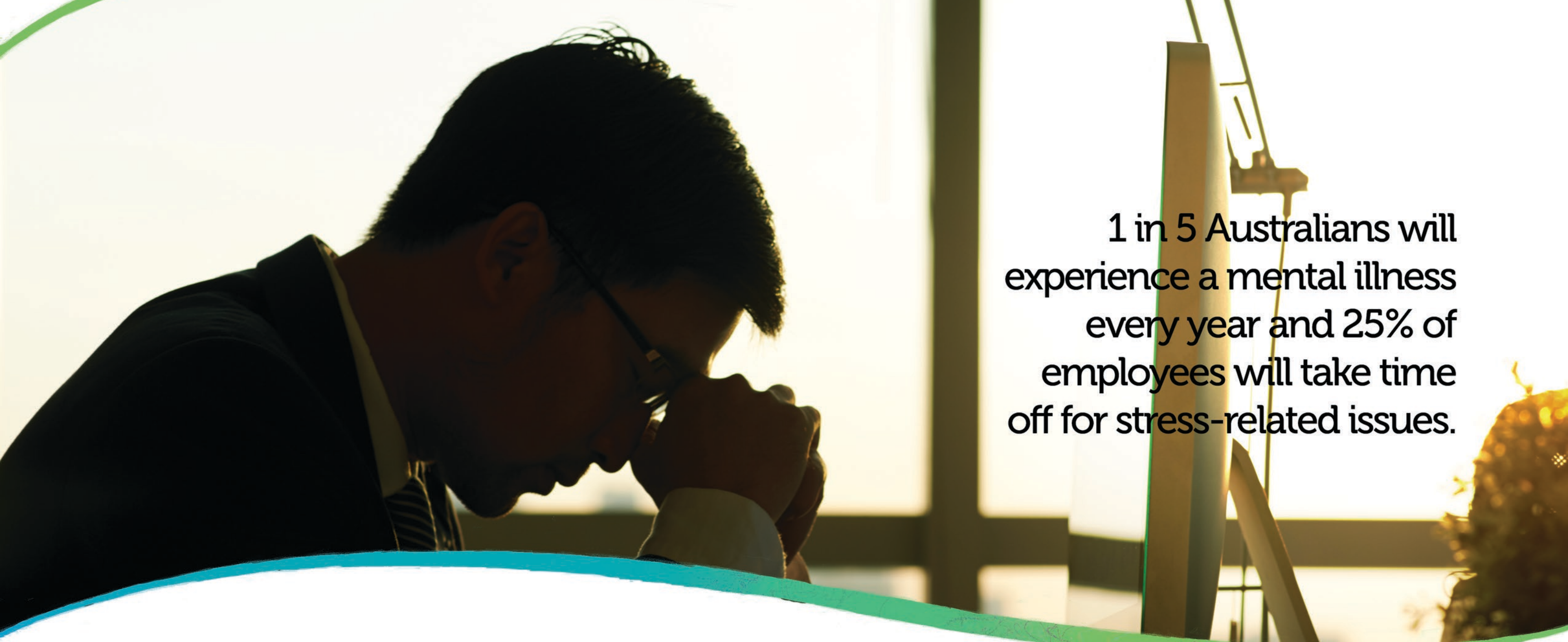


# Building Better



1 in 5 Australians will experience a mental illness every year and 25% of employees will take time off for stress-related issues.

Stress is an inherent part of the workplace and can be beneficial to improving performance and efficiency. Not all employees, however, are naturally good at coping with stress.

The **Building Better** programs are designed to teach employees coping skills to manage stressful work conditions as well as practical instruction on how to improve mental health.

Because where else do you learn coping skills?

The “Building Better” topics can be delivered as a 1 hour awareness session, typically delivered lunch-and-learn style. Alternatively, the programs can all be delivered as an interactive 3 hour skills-based workshop.

## Topics include:

+ *Building Better Resilience to Stress:* Understanding and responding effectively to stress in order to build resilience.

+ *Building Better Responses to Change:* Understanding and responding to change in order to build resilience.

+ *Building Better Sleep Patterns:* Understanding the science of sleep and practical strategies on how to improve sleep.

+ *Building Better Mental Health:* Understanding common mental illnesses and practical strategies to improve mental health.

+ *Building Better Time Management:* Understanding evidence-based strategies to improve time management at work.

## Costs

The 1 hour awareness session costs \$650 plus GST each for organisations in the Greater Sydney Area.

The 3 hour workshop costs \$1,750 plus GST for organisations in the Greater Sydney Area.

Travel outside of Sydney would be at cost.

If you would like to learn more about how Mindset Psychology can improve the mental health of your workplace, **call Mindset Psychology today.**

Call 1300 33 MINDSET  
e [info@mindsetgroup.net](mailto:info@mindsetgroup.net)  
w [www.mindsetgroup.net](http://www.mindsetgroup.net)

