



The Positive Approach to Mental and Emotional Well-being at Work Course©



***We exist to empower leaders and teams to breakthrough
and achieve their potential!***

Call us at: + 61 481 307 778

Email: office@breakthroughcorporatetraining.com.au

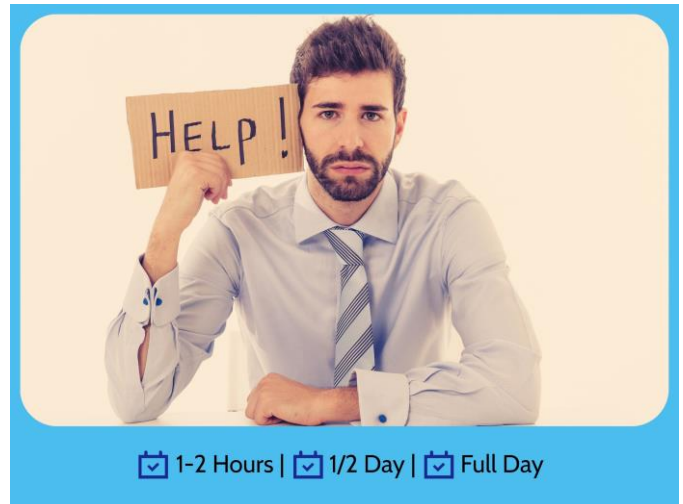
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The Positive Approach to Mental and Emotional Well-being at Work Course©

Would your leaders and team members benefit from a practical course that offers positive approaches to mental and emotional well-being?

Well-being and mental health are basic elements of our overall health, productivity, and ability to cope with the obstacles that we face. It's essential that we know how to maintain ourselves in an optimal state, prevent mental illness, and improve our quality of life by focusing on the emotional and psychological aspects of ourselves. We spend a big chunk of our lives at work, and the reality is that our workplaces are often not optimized for our well-being and happiness. A company is only as successful as each of its employees, so focusing on enhancing well-being can also lead to significant gains in productivity, creativity, innovation, the formation of stronger ties, and more.



This course has a clear goal - improving your well-being and the well-being of your employees to achieve a win-win scenario. In the *Positive Approach to Mental Health and Emotional Well-being at Work Course – Part 1* is an introduction to well-being and mental health. We will examine the theory behind concepts like mental health, emotional well-being, stress, and more. We will understand what has an impact on these aspects and what matters in the workplace.

Part 1 of this Breakthrough Corporate Training proprietary course will include the following outcomes for your team:

- The impact of mental and emotional wellbeing in the workplace.
- Assessing personal well-being and mental health.
- Unpacking the importance of resilience.
- How to take care of your well-being.
- How to distinguish a toxic environment from a healthy one at work.
- What are the signs of danger, stress, burnout, and mental illness?
- What to focus on to improve your workplace from a psychological perspective.
- Why companies should focus on supporting their team members with their mental and emotional well-being.



In the *Positive Approach to Mental and Emotional Well-being in the Workplace Course© - Part 2*, we will dive deeper into the practical side of things and consider specific tools and strategies that you can start using immediately.

Part 2 of this Breakthrough Corporate Training proprietary course will include the following outcomes for your team:

- Implement organisational change for increased well-being.
- Take care of your own well-being at work using evidence-based strategies.
- Plan for cultural and organisational change.
- Construct effective team building activities.
- Support your employees and enhance their well-being.
- Avoid common pitfalls to implement workplace wellness interventions.
- Make small but effective changes in your daily routine to enhance your well-being at work.



This course is designed by Scott Epp. Scott has a Certificate IV in Mental Health, and he is a Certified Resilience Coach, and a Certified Professional Coach with over 10,000 hours of Life/Executive Coaching.

Note - Part 1 and Part 2 of this course are entry level and are not a replacement to Mental Health First Aid Australia Courses. Research 'Mental Health First Aid Australia' and 'Mental Health First Aid Officers.' You may also be interested in our Course - The Breakthrough Resilience and Well-being Course© and the Resilience First Aid Certification.

The overall training/coaching is aimed to help participants to be refreshed with a helpful overview of mental and emotional well-being and applying positive strategies at work. This course can be run in the following formats: 1-2 Hours, Half Day and Full Day are available. Call +61 481 307 778 or email office@breakthroughcorporatetraining.com.au for more information.

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Empowering leaders and teams to breakthrough and achieve their potential!

Breakthrough Corporate Training offers workshops, corporate training, coaching, team building, retreats and speaking services to organisations in Australia and worldwide. Breakthrough Corporate Training has a strategic partnership with TransforMe Learning and combined, we have over 70,000 hours of coaching/mentoring/training experience in organisations. 10s of 1000s of People from organisations in Sydney Australia and around the world have been transformed through our talks, corporate training, coaching, and mentoring. See some of our combined clients below.



Our Vision

Breakthrough Corporate Training is a Sydney Australia-based corporate training leader. We facilitate powerful breakthroughs that transform team culture through our CLASS (Communication, Leadership And Soft Skills) and RAW (Resilience And Well-being) Courses and Programs. Our clients experience transformation through our on-line and on-site training, coaching, team building, retreats, and keynote talks. We add enormous value to teams as they become healthy, cohesive, and successful.

Our Core Purpose

To Empower Leaders and Teams to Breakthrough and Achieve Their Potential!

Our Core Values

Our Core Values show you what is really important to us and how we behave. Our core values demonstrate who we are at our core to our clients. These Core Values are intrinsic to who we are, and they do not change. Our Core Values are *Engagement, Breakthrough, and Passion*.

Engagement – We are engaged in every client encounter.

We empower leaders and teams to *Breakthrough*.

Passion is our energy that fuels transformation experiences.

Our Nurture Values are values that we care about and that we aim to demonstrate in our behaviour. These values reflect our standards and how we function in our organisation. Our Nurture Values are *Relevance, Heart, Integrity, Presence, Truth, Courage, and Teamwork*.



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