

THE

RESILIENCE PROJECT

WORKPLACE PROGRAM

The Resilience Project's Workplace Program shares practical and evidence-based strategies to support wellbeing, both in the work environment and with family and friends.



Why mental health matters:



Research tells us **one in five Australians will experience mental ill-health** each year and suicide is the **leading cause of death for those aged 25-44**.

The Productivity Commission's Mental Health Inquiry and the Victorian Mental Health Royal Commission Report both concluded there needs to be a **greater focus on prevention**.

What The Resilience Project delivers:

Our mission is to **teach positive mental health strategies** to help people become **happier and more resilient**.

Through presentations, digital resources, events, the TRP App, and Wellbeing Journals, we share the benefits of **gratitude**, **empathy** and **mindfulness**, and easy ways to practise these in everyday life. We also incorporate emotional literacy, connection and physical health education and activities, as they are foundational contributors to positive mental health.

The Resilience Project's workplace journey begins with "Discovering Resilience". Through presentations and action-oriented resources, the program is designed to:

- **Provide evidence-based strategies to practice on a daily basis.**
- **Assist staff to deal with stress and difficult situations.**
- **Improve overall wellbeing and connection to self and others.**
- **Support behaviour change and long-term adoption of strategies.**

Discovering Resilience

Discovering Resilience presentation

All workplace engagements begin with this **flagship 60-minute presentation** delivered by either Hugh van Cuylenburg or Martin Heppell. Presentations are available in-person, via live webinar or pre-recorded video.

Digital Wellbeing Series

Following the Discovering Resilience presentation, employees can be provided with a **10-part online series** consisting of short videos, with complementing written information and activities. Topics covered:

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|----------------------|------------------------|----------------|-----------------------|--------------------|
| 1. Gratitude | 2. Empathy | 3. Mindfulness | 4. Emotional Literacy | 5. Devices |
| 6. Social Connection | 7. Living with Purpose | 8. Exercise | 9. Sleep | 10. Healthy Eating |

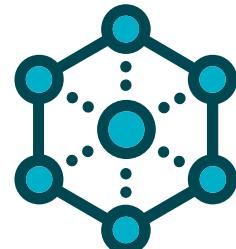
Option 1:	Option 2:
Discovering Resilience Program (6 month program)	Discovering Resilience Introduction (one-off)
Discovering Resilience presentation <ul style="list-style-type: none">• In-person (50-200 people), or• Live webinar, or• Pre-recorded	Discovering Resilience presentation <ul style="list-style-type: none">• In-person (200+ people), or• Conference event, or• Live webinar
Digital Wellbeing Series	21-Day Journal, 6-Month Journal or Mobile App for each team member to support daily practice of GEM and build new habits (optional)
21-Day Journal, 6-Month Journal or Mobile App for each team member to support daily practice of GEM and build new habits (optional)	
Price: In-person: \$9,800 Live webinar: \$8,800 Pre-recorded: \$5,500 Plus Journal and App cost	Price: Conference: \$8,900 In-person: \$6,900 Live webinar: \$4,900 Plus Journal and App cost

All costs exclude GST.

Authentic Connection presentation

For organisations who have already experienced the Discovering Resilience presentation, this sequel explores the next series of stories and strategies to support wellbeing.

Focusing on the benefits of **connecting with our community and ourselves**, Hugh van Cuylenburg or Martin Heppell will present the research and ways to integrate these into everyday life. Presentations are available in-person or via live webinar.



Connected Parenting Workshops



To support parents and carers in your organisation, the Connected Parenting Workshop offers a valuable set of tools for people aiming to raise children through positive connections and communication.

Facilitated by educator and parenting expert Lael Stone, this 90 minute workshop (delivered in person or via live webinar) provides parents and carers with:

- **Practical strategies to build stronger connections with children**
- **Ideas to support children when they are frustrated or going through challenging situations**
- **Simple ways to create cooperation**
- **Dealing with our own triggers as a parent or carer**
- **Understanding big emotions and assisting kids in becoming emotionally resilient**