

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 does mental health matter in the workplace?

It's estimated that **45% of Australians will experience a mental health condition** in their life, most commonly **anxiety** and **depression**.



Less than half Australians will **seek help**.



For every **dollar spent** on **effective workplace wellbeing actions**, there is **\$2.30 ROI**.



3/4

Australian employees say **mentally healthy workplace** is an **important consideration** when looking for a job.



1/2

Australian workers believe that **workplaces** should be **doing more** to **support mental health** in the workplace.



1/5

Australian workers are **currently facing a mental health condition**.

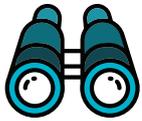
What The Resilience Project delivers.

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

Through presentations, workshops, digital resources 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 Workplace Program allows you to demonstrate your organisation's commitment to mental health and support your team through:

- Evidence-based wellbeing strategies to practise on a daily basis.
- Tools to deal with stress and difficult situations.
- Improved connection to self and others.
- Sustained, positive behaviour change.

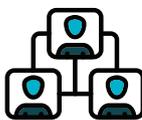


Introductory Program: Discovering Resilience

All workplace engagements begin with the Introductory Program: **Discovering Resilience**.

Through '**Discovering Resilience**', your team will learn the importance of wellbeing and strategies to practise **Gratitude**, **Empathy** and **Mindfulness (GEM)** – the evidence-based principles linked to positive emotions and mental health. **Discovering Resilience** includes:

- A 60 minute **Discovering Resilience** presentation delivered by **Hugh van Cuylenburg** or **Martin Heppell**.
- A **10-part Digital Wellbeing Series** of 2-3 minute videos with guidance around key wellbeing strategies: GEM, emotional literacy, devices, social connection, living with purpose, healthy eating, sleep and exercise.



Ongoing Program: Sustaining a Resilient Culture

After your team has experienced '**Discovering Resilience**', we recommend the following program to continue to embed wellbeing and GEM into your culture. '**Sustaining a Resilient Culture**' involves the following annual initiatives:

- **Discovering Resilience Orientation** for new team members (12 months unlimited access)
 - > To showcase the importance wellbeing at your organisation and get new staff up to speed, the Discovering Resilience Orientation includes a 10-minute digital presentation with Hugh van Cuylenburg or Martin Heppell to introduce GEM, plus a 10-part Digital Wellbeing Series to build healthy habits and change behaviours around key wellbeing strategies.
- **Activation toolkits for annual GEM Days**
 - > Activation toolkits, including video content, tip-sheets, activity ideas and collateral for annual **Gratitude**, **Empathy** and **Mindfulness** Days to encourage and support continued practise of **GEM**.

Wellbeing Resources:

Provide a practical outlet for employees to practise GEM through optional wellbeing journals, and The Resilience Project App.



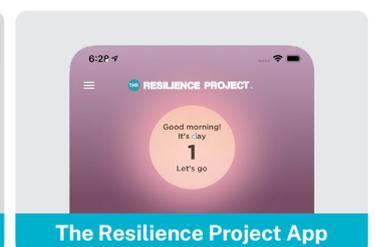
21 Day Wellbeing Journal



6 Month Wellbeing Journal



Family Wellbeing Journal



The Resilience Project App



Authentic Connection

For organisations who have already experienced the **Discovering Resilience** presentation, we offer the **Authentic Connection** sequel. The **Authentic Connection** presentation focuses on embracing vulnerability and the positive impact this can have on us both personally and professionally.

This presentation contains emotionally engaging stories and practical strategies that will help individuals to let go of shame, perfection, ego and control. Presenters Hugh and Martin both combine powerful insight with research and disarming, candid storytelling to help the audience understand why it is vital we strive for authentic connection, using the power of vulnerability.



Wellbeing Workshops

Interactive sessions for up to 30 people, our wellbeing workshops give employees an opportunity to connect and reflect on ways they can look after themselves, and better look after each other.

Wellbeing Workshop: Looking After Ourselves (1 hr. / Up to 30 participants)

This workshop will give employees an opportunity to put themselves first and reflect on their current self-care practices. Team members will explore ways to practise **Gratitude**, **Empathy** and **Mindfulness (GEM)**, build healthy habits and walk away with an individual wellbeing plan. Participants will also be provided with a short video from Hugh van Cuylenburg in advance to (re) introduce the GEM principles and workshop.

Wellbeing Workshop: Looking After Each Other (1 hr. / Up to 30 participants)

Positive relationships are a key protective factor against stress and burnout. Through simple activities and interactive exercises, this workshop helps foster a connected work culture by empowering team members to develop strong relationships and support colleagues through challenging times.



Connected Parenting

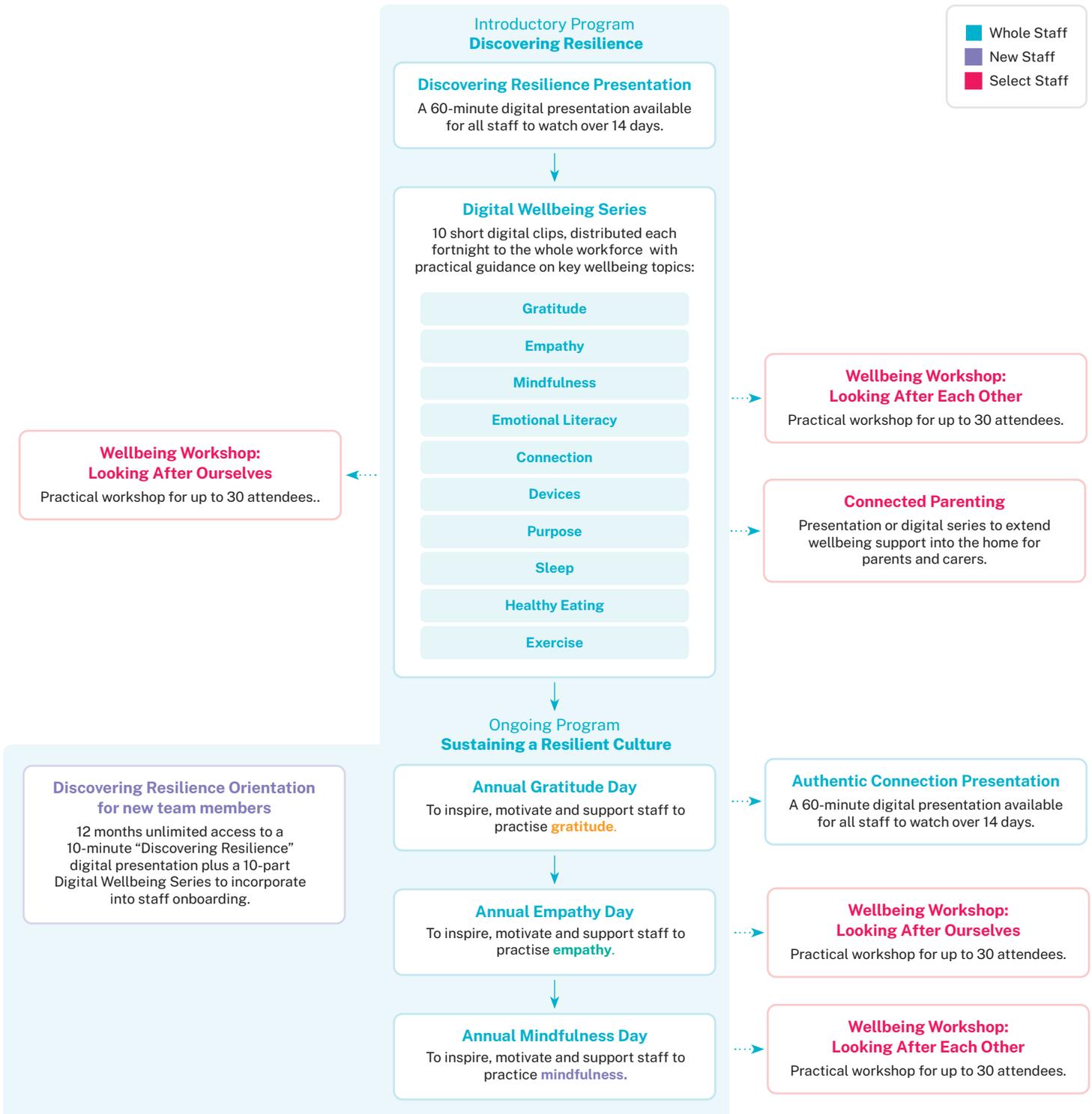
Our Connected Parenting resources extend the wellbeing focus from work to home by helping parents and carers build connection and cooperation with their children.

- **Connected Parenting Presentation (1 hour).** This workshop with parenting expert, Lael Stone, equips parents and carers with practical strategies to support their families.
- **4-part Digital Series.** Through four short video clips, accessible over a three month period, Lael will teach parents and carers about 'Connected Parenting', how we can build cooperation through connection, the art of listening and the importance of looking after ourselves.



THE
**RESILIENCE
 PROJECT**
CUSTOMER JOURNEY

While you have the flexibility to tailor the Workplace Program to your needs, this example customer journey demonstrates how many organisations elect to complement the core **'Discovering Resilience'** and **'Sustaining a Resilient Culture'** programs with presentations and workshops for targeted groups.



Introductory Program – Discovering Resilience

Item	Presentation Only	Presentation & 10-Part Digital Wellbeing Series
Live In-person Conference (200+ people)*	\$8,900	\$11,900
Live In-person Presentation (50-200 people)*	\$6,900	\$9,900
Live Webinar Presentation*	\$4,900	\$7,900
Pre-recorded Presentation	\$2,900	\$5,500

Ongoing Program – Sustaining A Resilient Culture

Discovering Resilience Orientation for new team members	\$5,500
Annual Gratitude Day: Activation Toolkit	
Annual Empathy Day: Activation Toolkit	
Annual Mindfulness Day: Activation Toolkit	

Additional Support

Authentic Connection (1 hour)	Live In-person Conference (200+ people)*	\$8,900
	Live In-person Presentation (50-200 people)*	\$6,900
	Live Webinar Presentation*	\$4,900
	Pre-recorded Presentation	\$2,900
Wellbeing Workshop: Looking After Ourselves (1 hour – Up to 30 participants)	In-person*	\$2,900
	Live Webinar*	\$1,900
Wellbeing Workshop: Looking After Each Other (1 hour – Up to 30 participants)	In-person*	\$2,900
	Live Webinar*	\$1,900
Connected Parenting	Live In-person Presentation* (1 hour)	\$3,500
	Live Webinar Presentation* (1 hour)	\$2,500
	4-Part Digital Wellbeing Series	\$1,200
Wellbeing Resources	21 Day Wellbeing Journal (discounts apply for 100+)	\$15.00
	6 Month Wellbeing Journal (discounts apply for 100+)	\$27.30
	Family Wellbeing Journal (discounts apply for 100+)	\$22.70
	Mobile App	\$4.49

All prices are exclusive of GST.

*Limited availability. Travel costs outside of greater Melbourne may also apply.

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SOME OF OUR
EXISTING PARTNERS



Australian Government
Department of Defence

