



Our Philosophy:

1. Simple, integrated and inclusive
2. Connect, integrate, expand
3. Plan, act, reflect
4. Knowledge, experience, practice

Workplace Mental Health

According to an ABS study, 45% of Australians between the ages of 16-85 will experience a mental health condition in their lifetime. It is estimated that untreated mental health conditions cost Australian workplaces approximately \$10.9 billion per year. Latest brain scan research shows that a healthy mind has a network of neural pathways, an unhealthy mind develops 'closed loops' like roundabouts with no exits. Chronic stress is a sign of a 'closed loop'. This is an internal problem, external solutions do not fix a 'closed loop'. We show people psychological and Aboriginal ways to connect and integrate the whole brain.

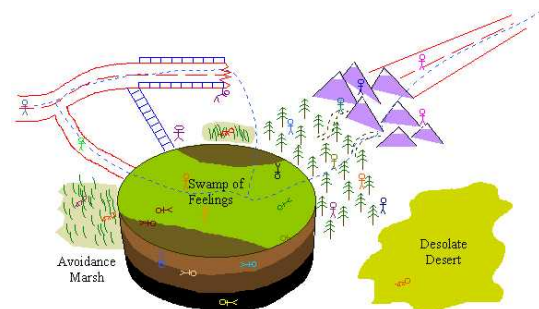
Part 1. 10 x 1.5 hours or 2 full days.

Ten 1.5hour lessons to be emotionally mentally healthy and live at the centre of your life:

1. A way through
2. Emotions as energy
3. Being Captain of your own life
4. Internal balance
5. External balance
6. Anger cycle
7. Stress and the body
8. Mind/body connection
9. Learning cycle
10. Behaviour as communication



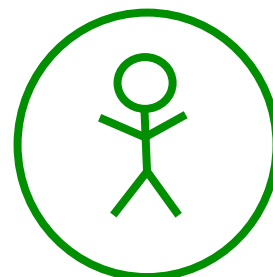
Off centre and emotionally mentally unhealthy



Part 2. 10 x 1.5 hours or 2 full days.

Understanding the emotional landscape.

1. Relationships
2. Choice versus no choice
3. Swamp of Feelings
4. Anger/guilt mudflats
5. Avoidance Marshes
6. People pressure ladder
7. Desolate Desert
8. Forest of Hope
9. Rocky Paths
10. Seemore Mountains.



Healthy and at the centre of your life