



MINDHealth **360**

*A Workplace Wellbeing Strategy
For A New World.*

The logo features a large dark blue circle containing the text 'MINDHealth 360' in white. To the left is a light blue circle, and below the main circle is a smaller teal circle. Two circular inset photos are positioned around the main circle: one at the top right showing two men in a meeting, and one at the bottom left showing a group of people in a meeting.

MINDHealth 360

Kia ora!

Thank you for your interest in Mind Health and the help we can provide to support your team and the work they do. Our aim is to help your organisation flourish by enhancing the wellbeing and the resilience of your people.


We have considered solutions that equip leaders, developed teams, individuals with critical new skills and ultimately develop a workplace that is proactively thriving. The most common starting point for an organisation in beginning their wellbeing strategy is by setting up an Employee Assistance Programme.

We would love to discuss with you your needs and create a tailored wellbeing strategy for your organisation. In the document that follows we have an overview of our services for you to consider.

We appreciate you engaging Mind Health as your workplace wellbeing specialists, and I look forward to starting this process with you soon.

Ngā mihi nui,

Richard Black
COUNSELLOR & DIRECTOR
BA, BD, MCouns (Distinction), MNZAC

A large teal-colored curved shape at the bottom of the page, resembling a stylized wave or a partial circle.

Wellbeing for all

Employee Assistance Programme (EAP) – up to three, confidential, personal counselling sessions available to employees as needed during the year.

Employee Wellbeing Programme (EWP) – four sessions focused on wellbeing and personal development that are spaced through the year to proactively support the mental and emotional wellbeing of an employee.

1 hr personalised sessions

tailored to your staff member's need. Staff members can book sessions with us independently. Your business will be invoiced (anonymously) for sessions once per month.

Outcomes

Increased wellbeing enabling staff to work well at work, and work well with their team members. Fewer sick days and greater productivity.

Equipping with new skills

One-hour Presentations – regular presentations on wellbeing, resilience and people skills are recommended as a way to give new insights and skills and increase self-awareness.

Half or full day Workshops – to deepen staff's personal growth, proactivity, resilience, people skills, team-work, and ability to flourish at work. When this is paired with personal sessions it empowers an employee to excel.

1 hr presentation – to present insights on key topics

Half day & full day workshop – to deepen understanding and skills on a key topic

Outcomes

Greater staff mental health, emotional awareness and relational skills. Increased ability to self-manage and lead. A more harmonious and constructive work environment.

Leadership support

Professional supervision – 8 sessions yearly, focused on wellbeing and processing work life.

Executive Coaching – 8 sessions yearly, focused on skill development and ways to enhance leadership ability.

8 x 1 hr personalised sessions

Outcomes

Those in leadership positions remaining healthy, enthused, operating with boundaries, and growing in their ability to lead and manage others.

Peer-Support training

Mental Health First Aid – a full day training to learn signs, and underlying causes, of mental distress, how to provide appropriate support, and where to refer on. Participants will be taught the E.A.R.S. approach.

Workplace Peer-Support Skills – a full day training on key skills in listening and providing care and support for colleagues experiencing difficulties.

2 x Full day training

Outcomes

A healthier and safer working environment, with staff equipped to recognise the signs of mental distress in their colleagues and themselves and skilled to provide appropriate support.

INVESTMENT

Wellbeing for all

Employee Assistance Programme

One-on-one sessions
Session \$160

Employee Wellbeing Programme
4 x sessions: \$600 yearly per person

EAP and EWP support material for staff
Online booking system.

1 hr personalised sessions tailored to your staff member's need. Staff members can book sessions with us independently. Your business will be invoiced (anonymously) for sessions once per month.

Equipping with new skills

Presentation (1 hour)
\$600 per event. Capped at 20

Workshop (Half day)
\$2200 per event. Capped at 20

Workshop (Full day)
\$4200 per event. Capped at 20

It is recommended that organisations engage a minimum of 4 New Skills Presentations a year.

It is recommended that each year staff experience a minimum of 2 New Skills Workshops: *1 focused on Personal Growth, and 1 focused on People Skills*

Leadership support

Professional Supervision (8 Sessions)
\$1200 yearly per person

Executive Coaching (8 Sessions)
\$1200 yearly per person

It is recommended that all those who have high people work have regular supervision. Those in leadership positions also greatly benefit from growing their leadership and people-skills. Eight sessions per year is approximately six weekly.

Peer-Support training

Mental Health First Aid (Full day)
\$4200 per event. Capped at 20

Peer-Support Training (Full day)
\$4200 per event. Capped at 20

Organisations that provide peer-support training increase the likelihood of signs of distress in their staff being identified earlier and responded to appropriately. It is recommended that all staff undertake Mental Health First Aid training.

Next steps

Four steps to creating a flourishing organisation

1

Book a free consultation

Let us know your objectives or challenges to be addressed, and we share our suite of tools and programmes that will best meet your needs.

2

Customise your Mind Health plan

Together we design a plan, using the tools and resources of **Mind Health 360**, to chart a course towards a resilient and healthier organisation.

3

Implementation

Once your Mind Health plan is tailored to your needs, we then co-ordinate with you to roll-out the requested services.

4

Enjoy and evaluate

Sit back and enjoy the benefits of a healthier workplace. We will review the progress being made each year with you, and discuss any alterations needed.

Enhancing the wellbeing and resilience of your people so the business flourishes



Mind Health offers a huge array of workshops on topics that are commonly lacking with employee personal and professional development. I believe an organisation's exposure to these topics and skills would strengthen both the individual and business culture immensely. The more understanding and tools we have, the better equipped we are to navigate life and to live with a balanced approach, in harmony and happiness.

Lisa Chivers - HSEQ Advisor. Wellington, NZ

Since engaging the services of Mind Health, we have seen a drop from at least 80% of staff using their full 5 days annual sick leave to less than 50%. Staff have also become more proactive in their mental wellbeing. There is an increase in staff accepting our offer of Mind Health coaching and counselling sessions, for pre-emptive rather than reactive reasons.

Israel Cooper - Managing Director. Home.

One of the most important advantages we can learn to achieve and experience in our fast paced, performance-oriented society, is how to live centered in an unbalanced world. This was the gift of my work with Mind Health. Not only was my mindset transformed and renewed, but my behaviours, and the way in which I now live my life.

Scott Higgins

Former High Performance Coach Consultant and Regional Manager, HPSNZ

