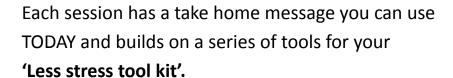
KeepingSane®

in a Lunch Box

4 x 50 min Presentations over your lunch time in your workplace



Develop an understanding of the different forms of stress, and how this can affect your mental health.

Help you to recognise how stress effects you and your role and understand that people perceive stress differently.

Understand resilience and provide you with a knowledge of practical mental wellness strategies.

Provide you with the information and tools to promote self-care.

Have an understanding of how to react to stress in a more productive and positive manner.

Finish with a workable, simple and happily anticipated take away plan for 'mental wellness in your workplace'.

Best presented over 2 or 4 weeks (no longer than 4 weeks recommended)



Delivery of presentation (4 x 50mins) and participant resources

Prices available on request

Maximum 20 participants (additional costs for larger numbers)

For more information contact info@brainambulance.com.au



