

# KeepingSane®

## and Building Sane Teams



### Keeping Sane® and Building Sane

**Teams** (1.5 Hour Presentation - Suitable for any Group or Region)

Focus is on the Mental Wellness of a team or group rather than just an individual.

Identify factors of mental health problems.  
Introduce the importance of 'connectivity'.  
Recognise your unique workload.

Introduce wellness ideas and resilience for your team.

*Plus as an option add:*

As individuals we may be fine but put us together in some context or stressful workplaces and the mental wellbeing of a team can suffer.

### Workshopping A Wellness Plan For Individuals and Teams (1.5 Hour Presentation)

Facilitates groups to develop a workable, realistic and happily anticipated mental health wellness plan.

Introduces fun ponderings for individuals or groups to identify the influence they can have on 'workplace mental health wellness'.

**Usually presented on the same day. The above workshop is a pre-requisite.**

**Delivery of presentation  
(1.5 hour) and  
participant resources**

**Add 1.5 hr Workshopping a  
Wellness Plan (1.5 hrs) COMBO**

Maximum 30 participants  
(additional costs for larger numbers)

**For more information contact  
[info@brainambulance.com.au](mailto:info@brainambulance.com.au)**



Prices are subject to change without notice

**m 0417 181 462 f 08 9582 9741 e [info@brainambulance.com.au](mailto:info@brainambulance.com.au)**

**w [brainambulance.com.au](http://brainambulance.com.au) a PO Box 1325 Mandurah WA 6210 ABN 68 420 615 116**