

KeepingSane®

in a Fluoro Uniform



Keeping Sane® In A Fluoro Uniform

2 Hour Presentation - **Available onsite**

Identify factors of mental health problems.

Introduce the importance of 'connectivity'.

Recognise your unique workload and working environment including FIFO

Introduce simple wellness ideas. Delivered in the context of mine sites on mine sites.

Excellent feedback from all levels of mine site personnel

We are happy to provide feedback summaries from past workshops as well as contact details of past clients for reference.

Trainers are very experienced and deliver in a manner relevant to the context.

On a one day mine site visit, we allow up to 3 presentation in a 12 hour period.

Delivery of presentation is up to you

(we work within your timeframe from one day visits to full rotation periods)

presentation includes participant resources

Contact us for a full quote

Prefer Maximum Number of 20 per group

For more information contact

info@brainambulance.com.au



facebook.com/brainambulance

m 0417 181 462 f 08 9582 9741 e info@brainambulance.com.au

w brainambulance.com.au a PO Box 1325 Mandurah WA 6210 ABN 68 420 615 116