

Creating a mentally healthy environment is critical to enable organisations to deliver on their strategic objectives. Research shows psychological safety is key to high-performance teams, and a well-designed workplace should support individual mental health.

With a basis in neuroscience, leadership theory and corporate psychology, our workshops and workplace support services are designed to improve self-awareness and wellbeing which will in turn enhance performance.

### WHAT OTHERS ARE SAYING

*'I found this course to be a real eye opener. I was able to put immediate steps in place that have already made a difference. A big take away for me was identifying the steps that take place, and how to take early intervention. I'll be shouting this one from the roof tops!'*

**PEOPLE MANAGER, ACTEWAGL**

Beyond Burnout Workshop Participant

*'Unlike other workplace courses, I loved that this one focused on the individuals' personal reflections, and self-betterment, along with ability to relate to our colleagues. The delivery of the course was wonderful in the fact that it was very interactive and comfortable to share and engage. Highly recommend for all.'*

**DIRECTOR, ACT GOVERNMENT**

Staying out of Judgment participant



### WORKSHOPS & TRAINING

- Beyond burnout -stress management, prevention and cure
- Awareness and management of vicarious trauma in the workplace
- Dealing with challenging behaviours – prevention and de-escalation
- Self -Awareness to improve interpersonal skills – staying out of judgment
- Team re-set- co-create a shared vision and behaviours to move forward.
- Be a better friend to yourself- enhance wellbeing, relationships and performance.
- Respectful relationships- creating better relationships
- Compassionate and Effective Leadership



### WORKPLACE SUPPORT SERVICES

- Individual and Team Supervision
- Performance Management Support
- Wellbeing coaching
- Conflict Management
- Facilitated conversations for navigating difficult situations
- Bespoke EAP services

*"I believe that professional development is impossible without personal development. Employees that are self-aware and self-responsible perform better and contribute to a healthier culture. I love creating welcoming spaces where people can feel comfortable to grow and develop together." - Kate*



**GET IN TOUCH TO DISCUSS YOUR WORKPLACE NEEDS**



[kate@katediggle.com](mailto:kate@katediggle.com)



[www.katediggle.com](http://www.katediggle.com)



0402 249 023